**Patient Information**

**Diagnostic Semen Analysis at Newcastle Fertility Centre**

DiagnosticSemenAnalysis is a routine part of a fertility investigation. To determine the quality of the semen, a number of factors are examined, including the sperm concentration (the number of sperm), motility (how well the sperm are moving) and morphology (the shape of the sperm). A number of factors can influence sperm production so you may be asked to repeat the test. This is a common occurrence and is often requested to confirm the results of your initial sample.

**Common factors that can influence the semen analysis results are**:

* Being unwell (within last 3 months) with for example a respiratory or urinary tract infection, or with certain chronic health problems.
* Some medications, including both certain prescribed medicines and those that you might take yourself, including gym supplements and recreational drugs.
* Missing the pot with some of the sample (first part of sample is the most sperm rich)
* Incorrect abstinence (days since last ejaculation, this should be between 48 hours -7 days).

**Where do I produce my sample?**

Upon attendance at your appointment, you will be asked to produce your sample in one of the private production rooms at the Fertility Centre. This ensures there is minimum delay between production and analysis of your sample.

**What should I do to prepare for my appointment?**

You should abstain from sexual intercourse or masturbation for at least **48 hours, but no longer than 7 days**. Having an abstinence period of longer than 7 days can have a detrimental effect on your sperm.

**What should I expect when I attend my appointment?**

Please report to Reception upon your arrival. PLEASE COME AT YOUR SPECIFIED TIME TO ALLOW SOCIAL DISTANCING, IF YOU ATTEND MORE THAN **10 MINUTES** LATE YOUR APPOINMENT WILL BE CANCELLED because there will be insufficient time for the laboratory to process your sample. A member of the Andrology team will call your name and take you to the production room. They will explain the process to you and give you the opportunity to ask any questions.

**When producing your sample:**

* Wash your hands and penis thoroughly with antibacterial soap and wipe dry before you produce the sample. Contamination of the semen during production must be avoided.
* The container must be labelled with your **full name** and **date of birth**.
* Collect your sample directly into the container via masturbation. It is important that you collect the entire ejaculate, as the initial part is the most sperm rich and if some of the sample misses the container, it may make your sperm count appear lower than it actually is.
* The use of lubricants or condoms is not permitted as these contain substances that are detrimental to sperm quality.

**Can I bring my sample from home?**

Semen analysis is more accurate when performed under controlled laboratory conditions from a freshly produced sample, which is the routine protocol at the Centre. Should you be unable to produce a sample on-site, we can arrange an appointment time for you to produce a sample at home and bring it to the Centre. The sample would need to reach us within **40 minutes** of production and be as close to your appointment time as possible. This can be requested from the Andrology team if necessary.

**Additional factors**

**When I have sex/orgasm, no semen is produced.**

Some men find it difficult to reach orgasm or if they do, find that little or no fluid is produced. This can be due to certain medicines, to nerve problems or sometimes to psychological issues. If you are unable to produce semen then please discuss this with your GP as you may require more specialised tests.

**I am finding the situation difficult.**

Fertility concerns and tests can be very stressful and if you are finding the situation difficult, please discuss this with your GP.

**I have a disability.**

Before your appointment, please let us know if you have a disability and we will endeavour to provide the best care possible and accommodate your needs.

**How to contact us**

**Opening Hours**

The Fertility Centre’s core working hours are:

**Monday - Friday 08:00 – 16:00** (excluding Bank Holidays)

The Andrology Laboratory has predetermined appointment times for diagnostic semen analysis – first appointment of the day is 08:20 and the last appointment is 14:40 (14:00 on Fridays).

**Please note: if you have been referred by your GP for a semen analysis, we will be unable to provide you with results; these will be issued by your referring GP. Clinical advice can be given to GPs between 8.30am and 4.00pm by contacting the unit.**

**Contact Information**

**Telephone:** 0191 213 8213

**Website:** [www.newcastle-hospitals.nhs.uk/hospitals/fertility-centre](http://www.newcastle-hospitals.nhs.uk/hospitals/fertility-centre)

**Non-urgent enquiries:** nuth.nfcl.enquiries@nhs.net

Newcastle Fertility Centre at Life
Biomedicine West Wing
International Centre For Life
Times Square
Newcastle upon Tyne
NE1 4EP

**How to find us**

The Newcastle Fertility Centre is situated on the third floor of the Biomedicine West Wing at the International Centre for Life, Time Square in Newcastle. The Centre is located next to Newcastle Central Railway Station and Metro Station (about a two-minute walk). Alternatively, if you drive, parking spaces are available in the Times Square multi-storey car park - a two-minute walk from the Centre.

