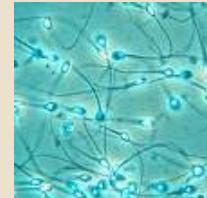


Preparation for the Test (cont)

- The sample must be delivered to Fertility Solutions within 1 hour of production.** The longer the sperm remains in the seminal fluid the more compromised the result can be.
- Store the sample at room temperature.** It is not necessary to keep the sample warm or cold, room temperature is fine. Ensure that the lid is securely on the container and place it in the bag provided (a brown paper bag is OK if you haven't been given a collection bag).
- Using a suitable collection container.** This is particularly important as an inappropriate container can make the test results invalid. You can obtain a semen container from a QML or SN pathology centre. If you are driving past you can call in to Fertility Solutions and we can provide you with a specific collection package or you can phone us and we will be only too pleased to post this to you.



Interpreting Results

In the Fertility Solutions laboratory, scientists analyse the following factors:

- Semen **volume**
- Sperm **concentration**
- Sperm motility (the number of moving sperm and the forward progression of the sperm)
- Sperm morphology (the overall sperm shape)
- Presence of antisperm antibodies



HOW TO ARRANGE FOR THIS TEST

Your local GP or your Fertility Specialist can arrange for you to have this test at Fertility Solutions. Phone the clinic in advance to book an appointment on **07 5478 2482 (Sunshine Coast) or 07 4151 5222 (Bundaberg)**.

If you provide us with contact details and give us your permission we will send a copy of the results to your local GP. If you do not have a collection kit we can arrange for one to be sent to you.

There is a cost for this procedure. You will be informed of this on the day you phone to book your appointment. Please let reception know if you would like to use our on site, private collection room.

We strive to:

- Make you feel welcome at all times**
- Listen to your questions and concerns**
- Work with you to fulfill your desire to create your family**

Please contact us for more information on 07 5478 2482 or you can email us at enquiries@fssc.com.au



**Fertility Solutions Sunshine Coast
Suite 22 Nucleus Medical Suites,
Building B, 23 Elsa Wilson Drive, BUDERIM
Ph: 1300 FERTILITY (337 845) or (07) 5478 2482
Office hours: 8am to 4pm Monday to Friday**

**Fertility Solutions Bundaberg
89 Woongarra St, WEST BUNDABERG
Ph: 1300 FERTILITY (337 845) or (07) 4151 5222
Email: bundaberg@fssc.com.au
Web www.fssc.com.au**

*Although Fertility Solutions have made every effort to ensure the accuracy and completeness of information contained in this brochure, we assume no responsibility for errors, inaccuracies, omissions or any inconsistency herein. If you are unsure of anything, please ask your local doctor or your Fertility Specialist Nurse. Version 4 June 2013



SEMEN ANALYSIS



**Sharing Your
Journey for Life**

SEmen ANALYSIS

Infertility problems relating to male factor accounts for 30% of all couples having difficulty conceiving. It is therefore critical that a complete and thorough examination of the male partner be considered.

Over the years it has become known that laboratories do vary extensively in their ability to provide an accurate semen analyses. This specialised test is best performed by a fertility scientist with extensive experience in semen evaluation and who follow the guidelines and assessment criteria of the World Health Organisation.

The easiest way of evaluating the male partner is to perform a simple laboratory test known as a complete "semen analysis", also often referred to as a "trial wash". This test is performed on a sample of seminal fluid collected by masturbation. The use of condoms and the withdrawal method will contaminate the sample and therefore the test results will be inaccurate. At Fertility Solutions we encourage the men to produce their samples in the comfort of their own home and deliver it to the laboratory within 1 hour of production. For patients that live more than 1 hour from the laboratory, Fertility Solutions has a discreet, comfortable private room available if required.

Preparation for the Test:

In order to obtain an accurate result it is important to consider the following:

- There must be a period of abstinence from sexual activity for 2-4 days.** Less than 2 days may result in an inaccurate report of a reduced sperm count and greater than 7 days can result in an increased number of dead and abnormally shaped sperm. It is a very common misunderstanding that sperm quality improves if it is "stored up".
- The whole sample must be collected.** Sometimes the whole sample is not collected in the specimen container. Should this occur it is very important that a staff member at Fertility Solutions be notified. The first part of an ejaculate is often the most sperm rich and if this is not collected, the result can be an inaccurate report of a low sperm count.



Semen Analyses Results

The table below outlines the normal ranges:

PARAMETER	NORMAL RANGE
Volume	≥ 1.5ml
Sperm concentration	≥ 15 million sperm / ml
Normal Morphology (shape)	≥ 4%
Progressive Motility	≥ 32% with forward progression

When results are outside the normal ranges as seen in the table above, the following terms are used to describe the findings:

- ASTHENOZOOSPERMIA**—reduced number of motile/progressive sperm
- AZOOSPERMIA**—no sperm present in the ejaculate.
- OLIGOSPERMIA**—reduced number of sperm
- TERATOZOOSPERMIA**—reduced number of normal shaped sperm

Treatment Options

The results of the semen analysis will help determine the type of treatment most suitable to your needs. It is important to remember that it can take about 70 days for a man to produce fully functional mature sperm. If you are asked to repeat an analysis it is a good idea to keep this in mind and schedule a retest for 2-3 months after the initial one.

Many factors can affect the sperm production process. The following have been shown to have a negative effect upon sperm quality:

- Smoking
- Excessive alcohol (binge drinking)
- Recreational drugs
- Prolonged exposure to chemicals such as heavy metals & pesticides
- Illness—especially fevers

Treatment Options (cont):

Intrauterine Insemination (IUI) is sometimes referred to as artificial insemination, it is generally recommended when the semen analysis results are normal or close to normal. With this treatment, the motile sperm are separated, concentrated and inseminated into the uterus. This can improve the chances of pregnancy by increasing the number of forwardly moving, normal shaped sperm that reach the egg.

In Vitro Fertilisation (IVF)

This treatment is generally recommended for mild/moderate male factor infertility. The semen sample is washed, concentrated and the sperm is placed directly with the eggs in the laboratory. Using this method the chances of fertilisation increases. The resulting fertilised eggs (called embryos) are then transferred back into the uterus.

Intracytoplasmic Sperm Injection (ICSI)

ICSI is usually performed when there is a severe male factor infertility. This technique maximizes the chance of the egg fertilizing as a single sperm is injected into the centre of the egg.

ICSI Procedure



Sperm Aspiration (Percutaneous Sperm Aspiration-PESA)

This procedure is performed in combination with IVF and ICSI. In some instances (i.e. men who have had vasectomies, men diagnosed with azoospermia) sperm may be obtained directly from the testes. A diagnostic procedure is usually recommended to confirm the presence of sperm.

Sperm Aspiration Procedure

