



### What is a sperm analysis?

Read this information at least one week before the sperm sample appointment.

Male factor infertility accounts for about 35% of infertility and a seminal fluid analysis (SFA) is a comprehensive way to assess if any difficulty in conceiving is related to a problem with sperm.

No doctor referral is required for a private sperm analysis at MFS. The test can be taken separately of any other fertility investigations or treatment.

MFS scientists will analyse the sample to:

- assess the volume, concentration, motility (movement) and morphology (shape) of the sperm
- measure the number of white blood cells
- measure the Ph (alkaline/acid) balance of the sample
- assess the presence of antisperm antibodies

### Who may benefit from a sperm analysis?

Any man who has been actively trying to conceive with his partner for up to 12 months and is not aware of any reasons which could prevent pregnancy.

### What does the test involve?

The man will give a sample of his sperm (see information below) which will be analysed at MFS by scientists who will then be able to provide:

- the results of the analysis
- observations on a comparison with a 'normal' semen analysis
- advice on the probability of his sperm achieving either a natural pregnancy or whether fertility treatment such as IVF or ICSI is recommended

### Producing a sperm sample

- to get the best possible sperm sample, a man should abstain from ejaculation for between two and five days before producing his sperm sample. If the patient does not understand EXACTLY what this

means, he should ask one of the laboratory team for further details. Ejaculating too long or too soon before the sample is needed can reduce the quality of the sperm for analysis or for use in treatment

- sperm samples should always be produced into the sterile, non-toxic container supplied by MFS. The container will already be labelled with the patient's name, clinic reference number and a description of what the sample is to be used for - ie sperm analysis, IVF, IUI, ICSI or freezing etc
- he should check the details on the label of the sample pot and immediately inform a member of MFS staff of any inaccuracies
- before a man produces a sample he should wash and dry his hands and penis to limit bacterial contamination. High levels of bacteria may affect the sperms' ability to swim
- collect all the semen in the pot, as sperm are not mixed equally throughout. Most of the sperm are in the very first portion of the sample and if this is not collected, it may affect the number of sperm in the sample
- do not use lubricants, lotions or oils as these may be toxic to sperm
- do not use condoms, unless supplied by MFS

### Timing and location for producing a sample

- samples should be produced in the private room at MFS unless there is a reason why this is not possible. If the patient thinks he may have difficulty producing a sample he should inform a member of the MFS staff as soon as possible
- in exceptional circumstances, if the sample is produced at the patient's home, it should be brought to the clinic within one hour of production and should be kept at body temperature during transit, as sperm are sensitive to extreme temperatures
- the man will be required to produce his sperm sample on arrival at MFS

- the sample should be collected by masturbation. Collecting the ejaculate during sexual intercourse or oral sex should be avoided as this may contaminate the sample with debris and bacteria
- the sample should be collected directly into the pot and not be transferred from any other surface or container
- if the man has difficulty producing a sample at MFS, he should leave the room and inform a member of the laboratory staff, who may be able to provide an alternative solution

### Results

Results of the test will be available one hour after the appointment time and will be presented by a senior embryologist.

### What is included in the cost?

- the laboratory analysis of the sperm sample
- a same-day follow-up appointment with a member of the laboratory staff to report the results
- a copy of the report detailing the results

### What is not included in the cost?

- freezing or storage of any sperm sample
- any other fertility investigations, treatments or preservation services

### Costs

Please refer to the current List of Charges in either the Patient Finance Information leaflet or via [midlandfertility.com/fees](http://midlandfertility.com/fees).

### Further information

Please visit [midlandfertility.com/treatments](http://midlandfertility.com/treatments) or read the following MFS infosheets:

- Freezing and Storing Sperm
- IUI
- IVF
- ICSI

(downloadable from [midlandfertility.com](http://midlandfertility.com) or in hardcopy from MFS).