

INSTRUCTIONS FOR THE COLLECTION OF SEMEN SAMPLES

Please note the Leicester Fertility Centre does not have facilities for the production of semen samples for analysis

- The sample container must be **fully labelled** with all known details, and placed into a sealable bag. If the container does not have your first name, surname and date of birth on it **we will not be able to test it**. Please use ballpoint pen to label the container, not fountain pen, as the container will be disinfected before analysis and water-based ink may wipe off.
- You **must have a request form, semen analysis form and triage questionnaire** to accompany your sample. If you do not have these forms you **must** obtain them from your clinician prior to bringing in your sample as we **cannot analyse it** without them. Your requesting clinician will complete the request form. You must complete both the triage questionnaire and the top half of the semen analysis form before you attend the clinic. If you have answered yes to any of the triage questions you must postpone your appointment until you are symptom free.
- If you have been referred by the NHS e-Referral Service system by your GP, you will have been given instructions on how to book an appointment yourself (if the GP practice have not already done this for you).
- Please bring the sample to the reception desk of the Leicester Fertility Centre, Kensington Building at your allotted appointment time. Please do not arrive early. If you miss your appointment time you will need to re-book.
- Please **wash your hands and penis** thoroughly before producing the sample. Please do **not** use any lubricants as these are toxic to sperm.
- We recommend that for optimum results you abstain from intercourse / ejaculation for **more than 2 full days but less than 7 days**. *The ideal period of abstinence is 2-3 days.*
- The sample should be collected by **masturbation** directly into the sterile container provided and should be complete i.e. the entire sample must be collected into the container.
- Withdrawal at intercourse should **not** be used to produce a sample, as the first part of the ejaculate that contains the majority of the sperm may be lost. If you are unable to produce a sample by masturbation we can provide **special silastic condoms** into which you can collect your sample. These are available from the fertility centre at a cost.
- Do not transfer a sample that has been collected in a normal condom, as the **spermicide** in the condom will kill many of the sperm.
- The sample should ideally arrive at the Centre within **1 hour** of production of the sample. The sample should not be heated or cooled but kept roughly at **body temperature** e.g. in a pocket.
- **If you have any questions please contact the Leicester Fertility Centre on 0116 258 5922**