



# SEMEN COLLECTION FOR ANALYSIS, ARTIFICIAL INSEMINATION (AI) AND IVF

## INTRODUCTION.

The analysis of a man's semen is easy, cheap, and not too inconvenient and tells the doctor immediately:

1. the number of sperm present (total count);
2. whether they move (their motility) and if so how well;
3. what they look like (their morphology); and
4. the vitality of sperm (number actively moving).

Other aspects of the examination include the volume and consistency of the ejaculate produced.

When the results of this data are collated an assessment of a man's potential fertility can be given. Frequently, more than one analysis is required, since the testes are a very sensitive indicator of general health and, as sperm are produced over a ten-week period, many factors can effect their production. Apart from azoospermia (no sperm present) no single measured parameter of a semen analysis in an individual is indicative of fertility – it is the assessment of a combination of factors, including your background health, that enable an overall prognosis to be made.

## APPOINTMENTS.

- Semen analysis

Semen analysis appointments are available from Monday to Friday, between 7:45am to 2:00pm. Please ensure that an appointment has been made, as your sample may not get processed necessitating a repeat sample;

- Artificial Insemination (AI) Preparation

The laboratory is open for semen preparation Monday to Saturday, and an appointment will have been made approximately two hours before AI treatment time. Sometimes, you may have only an hour's notice as to when you are needed to provide a sample. This depends on when your partner is ovulating, so we regret not being able to give you more notice!

- IVF/ICSI preparation

For IVF/ICSI preparation, you will be given an appointment time within two hours of the estimated time of egg pick-up. If necessary, we can arrange an earlier time to suit.

## COLLECTION.

Some important information regarding the collection of a semen sample includes:

- The sample should be collected in a sterile plastic container, which the Canberra Fertility Centre will provide. However, you can also obtain sterile containers from your local pharmacy or doctor's surgery; a 50ml container is suitable.

## METHOD OF COLLECTION.

- Studies have shown that best results are obtained when the specimen is collected by masturbation (self-stimulation). Coitus interruptus or withdrawal just prior to ejaculation is an alternative method, however if this method is used, then a "seminal collection device" (a condom type sheath without lubricants) must be used. The "seminal collection device" can be purchased from the Canberra Fertility Centre for \$25 each.



Samples collected in a semen collection device must be enclosed in the specimen sample bag provided or alternatively placed in a 50ml sterile container. Failure to properly package the sample prior to delivery will result in the sample being disposed of and necessitating the collection of another sample.

All lubricants are potentially toxic to sperm. Please do not use any lubricants e.g. KY jelly or Vaseline. All condoms have lubricants that are toxic to sperm, therefore condoms must not be used.

It is important to make sure you have washed your hands prior to collecting the sample;

- Where can I produce the sample?

We have a special room here at the Canberra Fertility Centre that is used for producing the semen sample. We do prefer that you use the room, as it enables us to put the sample into the incubator (and thus maintain the temperature) as soon as it is produced. However, if arrangements have been made to collect the sample at home, the sample must be transported to the clinic within 60 minutes of collection. Please remember that an appointment is required. During transportation, the sample must be kept as close to body temperature as possible, usually carried next to the skin and wrapped in aluminum foil (to avoid exposure to the light). Failure to maintain the sample as per this instruction can lead to the sample integrity being seriously compromised and result in the sample being unusable; and

- What is the room like?

While it is not as comfortable as your own room at home, the room has a bed and chair (some adult magazines are also available). A sink is also in the room for you to wash your hands, prior to producing the sample.

#### YOU ARE REQUIRED TO FILL IN A SLIP OF PAPER REGARDING THE COLLECTION OF THE SAMPLE.

##### THE REASONS FOR THESE ARE SHOWN BELOW:

QUESTION	REASON
Time of collection	Changes in sperm may occur according to the period from collection to analysis.
Prior abstinence	Will affect seminal volume and sperm numbers. It is ideal to abstain for 2-3 days but no more than 5 days
Spillage – first part	Sperm numbers reduced.
Spillage – second part	Seminal volume reduced.

You are also required to fill in some identification including your date of birth, and partners name.

If you have any questions regarding this information sheet, please speak to your specialist, or a staff member at the Canberra Fertility Centre, on 6282 5458.