Sperm analysis

Your sperm is going to be analysed. If you are going to produce sperm at home, the nurse at the outpatient clinic will give you a special container for the collection of your sperm. Only this container may be used for the sperm sample.

Please make sure you stick the label with your name on the container. When you deliver the container with your sperm sample you must be able to show a valid identity document.

Abstaining from sexual activity
Prior to the analysis it is important to abstain from sexual activity (no ejaculation) for a few days. This should preferably be three days but no longer than five days.

Using medicines/illness
For a proper analysis we need to know if during the past three months, you have been sick, had a fever and/or you have used any medication. Overtiredness and contact with poisonous substances can also affect the quality of your sperm. When you hand in the container with your sperm sample you will be asked to complete the upper part of the form.

Ejaculation
The best way to obtain sperm is by masturbation. In order to obtain sperm of the best possible quality, you should take the following measures.
- Pass urine. This will flush away any bacteria that are present in the urethra.
- Then rinse your penis under lukewarm running water. Shake the water off, do not dry your penis.
- Do not use soap. Soap residue has a negative influence on the quality of the sperm.
- Collect all the sperm that you produce in the container from the outpatient clinic. The inside of the container is sterile, do not touch it with your hands.
- If some of the sperm is lost, please note this down on the form. Please state which part has been lost, for example the first or the last drops.
- The container must be kept at room temperature. Cooling it down quickly is bad for the quality of the sperm.
- Close the container tightly.

Sperm that has been collected in a condom is not suitable for analysis.

If the so-called basic sperm analysis (A/B package) has been requested for you, you can produce the sperm at home. You need to make an appointment for this analysis.

If the so-called extended sperm analysis (C/D package) has been requested for you, then it will be necessary to produce the sperm at the IVF centre. If this is problematic for you,
please contact your treating doctor. You need to make an appointment for this analysis.

**Transporting the container**
When you produce the sperm sample at home it is very important that the sperm reaches the laboratory within one hour of ejaculation. During transportation the container with your sperm sample must be kept between room temperature and body temperature, otherwise the quality of the sperm will decrease. If this is impossible for you, please contact your treating doctor.

**Handing in the sperm**
Please hand in the container with your sperm to the semen laboratory of the IVF centre at VUmc on the agreed date and time. The address of this laboratory is Gebouw Zuid, Amstelveenseweg 601, Amsterdam.
When you hand in the container containing your sperm you must be able to show a valid identity document.

**Analysis for quality monitoring**
Your sperm is being analysed in order to assess your fertility. Some of the sperm may be left over after analysis and can be used for quality monitoring purposes. This analysis is completely anonymous. Your sperm will never be used to fertilize oocytes. If you have any objections to your sperm being used anonymously for quality monitoring, please state this when you hand in the sample.

**Information**
If you have any questions about this test, or need to telephone for an appointment, please contact:
- Patients from Amsterdam UMC, location VUmc:
  Obstetrics and Gynaecology outpatient clinic dept. of fertility medicine, reception desk H.
  On working days between 09.30 and 11.30 am: T (020) 444 1190 (Choose option 2 for the nurse)
- Patients from other clinics:
  On working days between 10.30 and 12.00: T (020) 444 3268

**Address for handing in the container with your sperm sample**
Amsterdam UMC, location VUmc
IVF Centre, Gebouw Zuid
Semen laboratory
Amstelveenseweg 601
1081 JC Amsterdam
VUmc en omgeving

1. Ziekenhuis/Universitaire huisartsen praktijk VUmc/Huisartsenpost Zuid
2. Gastenverblijf VUmc
3. Spoedeisende hulp
4. GGZ inGeest
5. Polikliniek
6. Cancer Center Amsterdam
7. Transferafdeling
8. O12-gebouw
9. Bètagebouw
10. Medische faculteit
11. Transitorium
12. Ronald McDonald Huis VUmc
13. Gebouw Zuid/IVF-centrum

Parkeren: P1
- Spoedeisende hulp
- Ziekenhuisgebouw
- GGZ inGeest/De Nieuwe Valerius
- Amstelring/Transferafdeling in VUmc
- Gebouw Zuid/IVF-centrum

Parkeren: P2
- Polikliniek
- Cancer Center Amsterdam
- ACTA
- O12-gebouw

Parkeren: P3
- Ziekenhuisgebouw
- Polikliniek