

# Semen analysis

Your semen (or 'sperm') is going to be analysed. You need to make an appointment for this analysis. If you are going to produce semen at home, the nurse at the outpatient clinic will give you a special container for the collection of your semen. Only this container may be used for the semen sample. When you deliver the container with your semen 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 semen. When you hand in the container with your semen sample you will be asked to answer questions about this on the form.

## **Ejaculation**

The best way to obtain semen is by masturbation. In order to obtain semen 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 semen.
- Collect all the semen 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 semen 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 semen.
- Close the container tightly.
- Please make sure you stick the label with your name on the container.

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

If the so-called basic semen analysis has been requested for you, you can produce the semen at home.

If the so-called extended semen analysis has been requested for you, then it will be necessary to produce the semen at the IVF centre. If this is problematic for you, please contact your treating doctor.

### **Transporting the container**

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

### **Handing in the semen**

Please hand in the container with your semen to the semen laboratory of the IVF centre at Amsterdam UMC, location 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 semen you must be able to show a valid identity document. Be aware that it is not allowed for your partner, or anyone else, to hand in the container with your semen.

### **Analysis for quality monitoring**

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

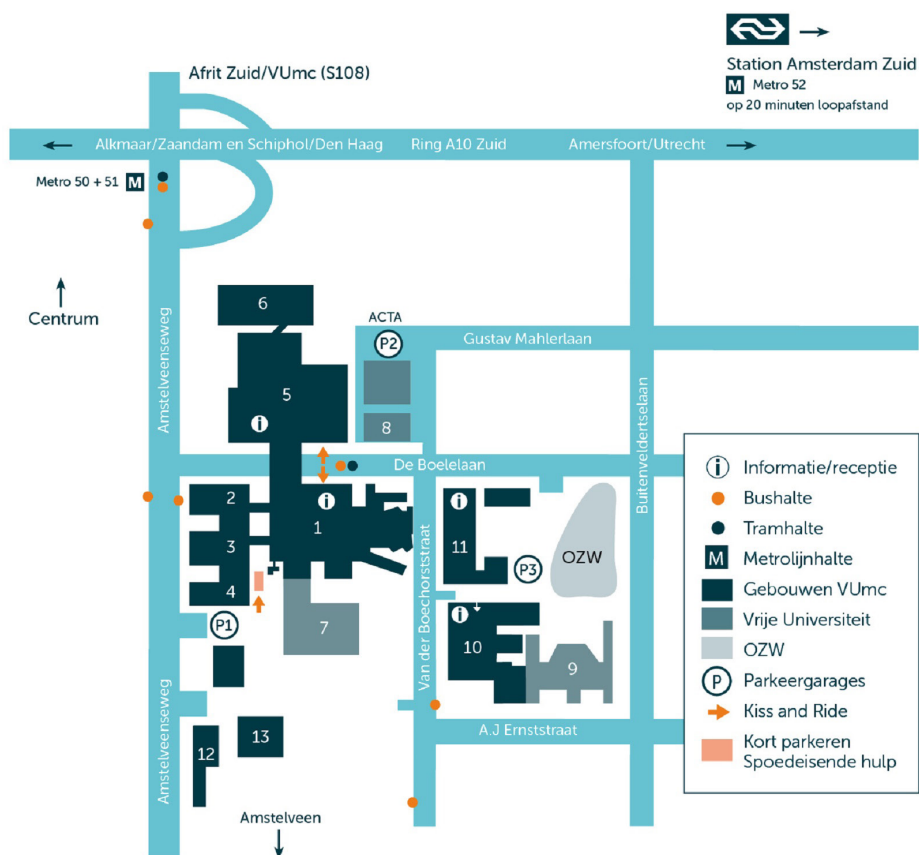
### **Information**

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 semen 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 O|2-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
- O|2-gebouw

### Parkeren: P3

- Ziekenhuisgebouw
- Polikliniek