



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

DIAGNOSTIC SEMEN ANALYSIS

This leaflet has been written to inform you of what diagnostic semen analysis is, what you need to do to prepare for the test and other details important for you to know

WHAT IS DIAGNOSTIC SEMEN ANALYSIS?

Diagnostic semen analysis, or DSA for short, is a laboratory test where ejaculate (semen) is examined to look at several different factors. The test is more often performed as part of fertility investigations but it can also be undertaken for other reasons, such as to monitor the impact of treatment. When the ejaculate is examined, the following will be looked at and reported:

- Volume – the amount of ejaculate produced.
- Viscosity – how thick or thin the fluid is.
- Sperm Motility – the way sperm (the cell that is needed for fertilisation) moves.
- Sperm Concentration – the number of sperm in the ejaculate.
- Sperm Morphology – the size and shape of the sperm.

There are other factors that may be examined but if this happens, your referring healthcare professional will tell you what has been looked at.

ARRANGING YOUR APPOINTMENT

If you have been asked to have this test by your General Practitioner (GP) you can produce your sample at home and bring it in to andrology. A fresh semen sample is essential for accurate analysis. Samples must be transported to our department at body temperature as excessive cold or heat can damage the sperm and affect the result. You will also need to bring the sample here **within 50 minutes** of it being produced.

To arrange your appointment, please Email andrology on mft.andrology.lab@nhs.net or telephone **0161 276 6473**. If you do not arrange an appointment, you will not be seen by our team. The address can be found at the end of this leaflet.

If your appointment has already been booked for you, attend on the date/time provided to you.

A sample production room is available, if you are unable to get the sample to us within **50 minutes** or if you prefer to do this on-site. Please ask us when you contact us, and we will arrange this with you.

INSTRUCTIONS FOR COLLECTING YOUR SEMEN SAMPLE

Please follow these instructions carefully as anything outside of the guidance can impact your results.

- You should not ejaculate (either through masturbation or intercourse) for between 48 hours and 7 days before the appointment. If this is not adhered to it can impact sperm numbers.
- Wash your hands with soap and water, drying fully afterwards.
- You should only produce the sample by masturbation into a container that we have provided (other containers can kill sperm).
- Do not use lubrication or a condom to produce your sample as this can kill sperm.
- The complete ejaculate should be collected into the container as otherwise it may affect sperm numbers.
- Label the sample container with your first name, last name, date of birth and date/time the sample was produced.
- Ensure that the lid is screwed on to the container properly.
- Place the container into the bag provided.

Please **do not** post the sample to us as we will reject this sample and you will have to be given a new appointment.

There should be a request form in your pack. This is needed by the andrology team to accept and interpret your results. If you are producing on-site, we will give you this on the day. Please complete as much of this card as possible, including your information and the healthcare professional that has requested this for you.

WHAT CAN IMPACT YOUR RESULTS?

There are many things that can influence semen analysis results, some are out of your control and others you can influence. The section on how to collect your semen sample outlines some of the things in your control. Other influences not mentioned in that section are given below. Please just let us know of anything, even if it is not given in the list below, as we need to be able to interpret your results adequately.

- Illnesses – certain illnesses can impact the ability of the testicles to produce sperm or the quality of the sperm. If you have had an illness that has caused a high temperature in the last 3 – 6 months, this includes cold and flu. All illnesses should be written on the request form. For example, diabetes, hypertension etc.,
- Medications – certain medications can impact ejaculatory, erectile and testicular function. Please let us know of all medications you may be on.
- Recreational drugs – this can include cannabis, cocaine, opiates etc. These may impact sperm quality.
- Performance enhancing drugs – the most common include anabolic steroids, testosterone, anti-oestrogens, selective androgen receptor modulators (SARMS). These can impact sperm production and hormone levels in the brain.
- Smoking/Alcohol – although evidence can be limited, excessive alcohol consumption can impact liver function and sperm quality. Smoking may also affect sperm quality and cause DNA damage in these cells.

RESULTS OF TEST

Results will be sent to the healthcare professional that referred you within **7 – 10 working days**. If you are a patient being cared for under the Department of Reproductive Medicine you will receive your results at your follow-up appointment.

We do not routinely give results to patients, although we can support your healthcare professional with clinical advice if required.

There are other factors that may be examined but if this happens, your referring healthcare professional will tell you what has been looked at.

HOW TO FIND US

The andrology department is in Old Saint Mary's Hospital (not the new building), within the Department of Reproductive Medicine on the first floor.

Address of the department is given below:

**Andrology Laboratories
Old Saint Mary's Hospital
Oxford Road
Manchester
M13 9WL**

Opening hours for enquiries:

Monday to Friday – 08.00 am to 04.00 pm.

We are not open on Saturdays, Sundays, or bank holidays.

More information on how to get here and other details such as car parking can be found on the website – <https://mft.nhs.uk/saint-marys/>

Please come to the main entrance and press the intercom (if the door is locked). If the door is open, proceed to the first floor and press the bell outside Andrology reception.

For disabled access, please telephone the department in advance (0161 276 6473). We have a separate entrance just off Oxford Road. Please press the intercom on arrival.

PRIVACY POLICY

Details of our privacy policy can be found on our website: <https://mft.nhs.uk/saint-marys/services/gynaecology/reproductive-medicine/andrology/>

COMPLIMENTS AND COMPLAINTS

If you have any compliments or complaints, please contact our department or Trust patient advice and liaison service (PALS). PALS information can be found here: <https://mft.nhs.uk/saint-marys/pals/>

TRANSLATION AND INTERPRETATION SERVICES

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff in advance of your appointment.

CONTACT DETAILS



0161 276 6473



mft.andrology.lab@nhs.net



<https://mft.nhs.uk/saint-marys/services/gynaecology/reproductive-medicine/andrology/>