

Understanding the result of your semen analysis



Basic semen analysis is the first test most men have for fertility investigations

According to The World Health Organisation 2010 guidelines, a normal semen sample will have the same or better than:

Semen volume (ml)	1.5
Total sperm number (million per ejaculate)	39
Sperm concentration (million per ml)	15
Progressive motility (%)	32
Sperm morphology (normal %)	4
Vitality (live sperm, %)	58

The results of a basic semen analysis are only indicators and apart from in the case of azoospermia (no sperm present) can only help guide the likely cause of a problem. If the semen analysis is normal and your partner has no detectable causes of infertility your doctor may suggest other more advanced tests or that you have enough information to start fertility treatment. If the results are beneath normal levels then the chances of getting pregnant without fertility treatment are much reduced.

Do not hesitate to ask your doctor as many questions as you need to understand what your results mean!

Whether your semen analysis results are good or bad you can potentially improve your chances of success by having a healthy diet and lifestyle. For more information see our other leaflet.

Prepared for the UK Professional Fertility Societies by The British Andrology Society (Registered Charity Number 115550). If you want more information about male related aspects of fertility visit the patient section of our website at www.britishandrology.org.uk