

What if I need to change my appointment?

If you are unable to attend your appointment or you have not followed the instructions exactly, please contact the laboratory to cancel your appointment. We will try and offer you a new appointment as soon as possible. Please bear in mind that there may be a waiting list for appointments.

Quality of Results

All tests are performed in accordance with the World Health Organisation (WHO) guidelines and our governing body the Association of Biomedical Andrologists (ABA). The laboratory participates in the UK National External Quality Assessment Scheme for Reproductive Science (UKNEQAS RS) which allows comparison of performance with other laboratories in order to provide you with confidence in our service.

Feedback

The department is committed to providing a high quality service, if you have any suggestions about how we can improve, compliments or complaints please fill out a 'Help us to Help you' leaflet (available at the laboratory) or contact NNUH Patient Advice Liaison Service (PALS) on 01603 289045/289036.

Is this leaflet hard to see or read?

For large print versions of this leaflet please call the laboratory and we can arrange this for you. The hospital can arrange for an interpreter or a person to sign to assist you in communicating effectively with staff during your visit - Please let us know.

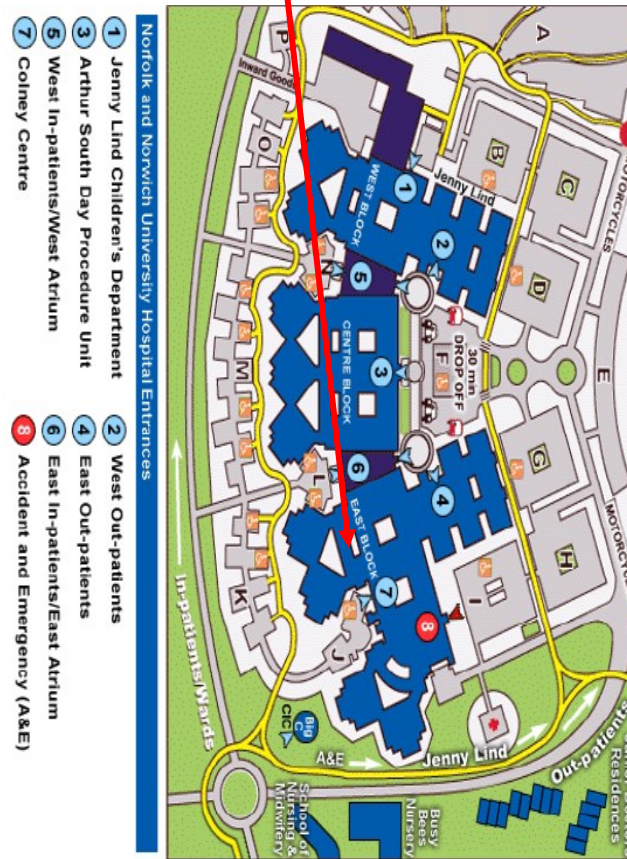
If you have any further questions

Please do not hesitate to call us on 01603 646524.

Document Ref: EBN-ANDP-001
Date of publication: August 2018
Review date: 01/08/20
Version: 1
Author: K Burton



How to find us



Laboratory Location

The laboratory is located in the East Block, Level 1, along the main corridor towards the Colney Centre opposite Knapton ward **signposted: PATHOLOGY**. You should arrive at the Pathology reception hatch and ask for a member of the Haematology staff.

Parking

If you are arriving by car and need to park, the closest patient and visitor car parks are J, K and L. Parking is free for the first 30 minutes, you will need to validate the parking ticket even if free, using the pay machine before leaving the building.



Patient Information Leaflet Semen Analysis

Please read this leaflet **at least 7 days** before your sample delivery appointment.

To book a sample delivery appointment:

Please telephone 01603 646524
between Mon-Fri 09:00am - 17:00pm

Appointments are available:

Mondays-Thursdays 08:30am - 12:00 midday

Post Vasectomy Tests: Appointments must be 12 weeks & 20 ejaculations after your procedure.

Note: your appointment will need to be booked at least 10 days from when you call to allow time for delivery of your sample pack, and for you to adhere to the sample collection instructions.

Department of Haematology
Laboratory Medicine
East Block, Level 1, Colney Centre
Norfolk & Norwich University Hospital
Colney Lane
NR4 7UY

Website: www.nnuh.nhs

Why is it important to follow these instructions?

Please follow the instructions carefully as failure to comply with the sample collection guidance could seriously affect your semen analysis results.

Period of sexual abstinence: will affect the quality of your sample if it is too long or too short.

Time of sample collection: the quality of your sample will decrease after 60 minutes of collection. **Condoms/sheath:** most are designed to kill sperm. Do not use them for sample collection. Non-spermicidal condoms may only be used in exceptional circumstances after your GP has discussed these with the laboratory prior to appointment booking. **Sample containers:** other than those we provide may be toxic to sperm. **Complete specimen:** the first part of your sample contains the most sperm so it is important the whole sample is collected. Please indicate on the questionnaire if any part of your sample has been spilt. **Sample temperature:** sperm cells get cold and overheat when exposed to extreme temperatures which may cause sperm death.

Before collecting your sample

Abstinence period: **Do not have intercourse or ejaculate for 48 hours prior to sample collection**, however it is important to have had intercourse/ejaculation at least once during the 5 days prior to the 48 hour abstinence period.

Checklist - Please ensure you have received the following:

- **Sealed specimen container**
- **Pre-analysis questionnaire**
- **Yellow specimen transport bag**

Please contact us if you have not received your pack.

PLEASE NOTE - THERE ARE NO FACILITIES TO PRODUCE YOUR SAMPLE ONSITE. YOU MUST PRODUCE YOUR SAMPLE AT HOME!

For Post-Vasectomy Investigations only:

Your appointment must be at least **12 weeks** and **20 ejaculations** after your vasectomy operation.

You will need to contact your GP for the results of your first test as they will determine the need for you to book a second appointment.

You will need to obtain a second request form from your GP if you do need a second appointment. **Do not stop using contraception** until the GP has told you to do so.

Note: Your sample will be rejected if you use a container other than that provided by the laboratory and if you have lost any sample during collection or if any has leaked in transit.

Your sample must be complete.

ALL SAMPLES MUST BE LESS THAN 1 HOUR OLD AT THE TIME OF YOUR APPOINTMENT!

How to collect your sample

- First wash your hands and genitals with soap and water, ensure complete removal of all soap residues and dry thoroughly.
- Please write your name, date of birth, hospital/ NHS number on the container label using a pen and not a pre-labelled sticker.
- Do not open the container until you are ready to produce the sample.
- Obtain the sample by **masturbation only** and collect the entire sample in the container provided.
- Seal the container immediately and ensure the lid is tightly closed to avoid your sample leaking in transit.
- Place the container in the yellow specimen transport bag and remove the blue tape to seal the bag. Note: there is a separate pocket to place your paper work into.
- Now please **complete the pre-analysis questionnaire** & ensure it is filled in accurately. Failure to do so could mean we are unable to accept your sample for testing.

Sample Delivery

Keep the specimen warm during transport to the laboratory in a trouser/coat pocket close to the body. **Checklist** - Please ensure you bring the following to your appointment:

- **Request form from your clinician**
- **Pre-analysis questionnaire completed & signed**
- **Correctly labelled specimen**

On arrival at the Pathology reception hatch inform a member of staff that you are here for an Andrology appointment; one of our team will be notified. We will then escort you to our consultation room to check your sample and paperwork meet the requirements.

Note: Your partner can bring your sample to the appointment for you if you have followed the instructions in this leaflet correctly and you have **completed & signed the pre-analysis questionnaire, we cannot accept your sample otherwise.** They also need to adhere to the sample delivery requirements.

How do I get my results?

Your results will be sent electronically to your GP/requesting clinician within a week.

Note: Please do not call the laboratory for results as we cannot give results directly to patients. Your clinician should explain the results to you and if applicable; the reasons why you have been asked to repeat the test.

What if I need to repeat the test?

If any of your results for sperm motility, concentration or morphology fall below the reference values set by the WHO you will be asked to repeat the test, in most cases **after 3 months** in order to confirm the findings are genuine, as a number of things can affect your results. **Note:** Please ensure your GP/requesting clinician has given you a **new request form for the repeat test** as you will need this prior to booking another sample delivery appointment.