

# Semen analysis (Engelse vertaling)

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.

1. First pass urine to flush out bacteria present in the urethra.
2. Wash your hands well.
3. Rinse the penis with lukewarm water. Shake off the water, do not dry. Do not use soap and/or oil, as this will negatively affect the quality of the semen.
4. Produce sperm through masturbation. Collect the total amount of semen in the semen collection container. The inside of the container is sterile and should not be touched with your hands.
5. Close the semen collection container tightly. Please make sure you stick the label with your name on the container.
6. If you have missed a part of the semen, it is important that you report this when handing in the container.
7. Hand in the semen collection container at the laboratory counter.

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 need to telephone for an appointment, please contact:

On working days between 10.30 and 12.00: T (020) 444 3269

## **Address for handing in the container with your semen sample**

Amsterdam UMC, location VUmc

Reproductive medicine and IVF Centre, Gebouw Zuid (building South)

Semen laboratory

Amstelveenseweg 601

1081 JC Amsterdam

## **Questions**

In case you have questions please contact  
Amsterdam UMC location VUMC

Out patient department obstetrics and gynaecology  
Reproductive medicine and IVF centre,  
building South (Zuid)  
Amstelveenseweg 601  
1081 JC Amsterdam  
Phone number; 020-444 3269  
[www.vumc.nl/ivf](http://www.vumc.nl/ivf)

### **In case of emergency outside of office hours**

The departments for women of the VUMC and AMC work more closely together nowadays. In case of emergency between 16.00 P.M. and 08.00 A.M. from Monday till Sunday you can call the first aid department gynaecology of the AMC hospital; T 020-5661500.

In order to be able to provide you with good care at this location it is important that you allow us to share data between VUMC and AMC. The standard settings of our digital system allow for this, unless you object. In case you agree you do not have to do anything.