

Patiëntenvoorlichting

Sperm testing

What does this test involve?

Your doctor has discussed with you that a general sperm test will be carried out in the laboratory of Noordwest Ziekenhuis Group. This test has been requested for a general fertility investigation or for an IUI treatment (Intrauterine Insemination). This leaflet describes what this sperm test involves.

What is a general sperm test?

A general sperm test is just one of the fertility investigations. For this test, the laboratory will examine:

- the quantity of semen produced
- the sperm count
- the mobility of the sperm cells

These data are important to get an indication of the quality of the sperm. Because the quality of sperm can vary from moment to moment, it is sometimes necessary to repeat the test.

IUI -treatment

An IUI -treatment requires the sperm to be processed in the laboratory. The best sperm cells are selected from the sperm and then inserted into the woman's uterus (insemination).

In order for this test to be successful, you must carefully follow the points described below.

Making an appointment

Before you can hand in your sperm, you need to make an appointment by telephone with the fertility laboratory of the location where you are treated:

- *location Alkmaar*: Monday to Friday, between 2 p.m. and 3.30 p.m., telephone 088 - 085 3645
- *location Den Helder*: Monday to Friday, between 8 a.m and 4.30 p.m., telephone 088 - 085 6232

Make sure that you are able to bring the sperm to the laboratory within 1 hour after ejaculation. Please bear this in mind when making the appointment.

If you are unable to attend, please call us and cancel your appointment as soon as possible.

How do you collect the sperm? Special sterile plastic jar and form

Your doctor will give you a special sterile plastic jar and a form to take home. If your doctor didn't give you a plastic jar, you can collect one from the laboratory.

How to prepare

You will need to make the following preparations for the collection of your sperm:

- you are not allowed to have intercourse or ejaculate 2 to 7 days before the test. This is the only way to ensure that the sperm obtained is of the highest possible quality.
- it is best to urinate prior to ejaculation as this will flush away any bacteria in the urethra. Then rinse your penis with lukewarm running water. Do not use soap as soap residues have a negative impact on the quality of the sperm.
- the sperm must be produced through masturbation. To collect the sperm, use only the special sterile plastic jar. Sperm collected in a condom is not suitable for this test.

Collecting your sperm

Collect the sperm directly into the jar. Close the jar carefully and write on the label on the jar:

- your name
- your date of birth
- the time of ejaculation

If some of your ejaculate is lost, then please state this on the form under 'special remarks'. Please indicate which part was lost, for example, the first or last part.

You must go to the fertility laboratory *within the hour* to hand in your sperm at the agreed time.

Collecting sperm at home or in the hospital

You can collect sperm at home or in the hospital.

- *Location Den Helder* has a special room where you can collect your sperm. If you would like to use this room, please report to the laboratory's reception desk approximately 1 hour before the agreed time. You will be given a special jar with a sticker containing your patient data. The laboratory's outpatient clinical assistant will show you to the special room.
- *Location Alkmaar* does not have a special room which can be used to collect sperm. You will have to collect your sperm at home.

Handing in your sperm: be on time

Please make sure that you hand in the sperm *no later than one hour after ejaculation*. Do this at the agreed time at the fertility laboratory. Make sure that you are on time as the laboratory staff are waiting for you to start the test immediately. If you arrive too late, there is a chance that it will no longer be possible to process your sperm.

During transportation

Avoid extreme temperatures during transportation. The temperature of sperm during transport must be between room temperature and body temperature. Preferably keep the jar close to your body, for example, in your jacket or trouser pocket. However, make sure that the jar remains upright.

How to reach the laboratories

- *location Alkmaar*: house number 033 (ground floor). You can knock on the door of the fertility laboratory
- *location Den Helder*: house number 32 (1st floor). When you arrive, you can take a number for 'handing in materials' from the ticket machine

When handing in your sperm, you will need:

- the jar with sperm
- your proof of identity
- the questionnaire (at the back of this leaflet)

If you are not yet registered with the hospital, please do this at the registration desk before handing in your sperm:

- *location Alkmaar*: at the registration desk at the entrance at Wilhelminalaan, house number 069
- *location Den Helder*: at the admission desk and medical centre opposite the side entrance

Results

Your doctor or GP will receive the results of the test within a few days and will then discuss the results of the test with you.

IUI -treatment: your consent

If your sperm are being processed for an IUI -treatment, we need your consent. To do this, you must sign the accompanying IUI form. You will receive this form when you come to collect the processed sperm.

The processing time of your sperm can vary from 1.5 to 2 hours. It is necessary for you and your partner to officially identify yourselves.

Questions

If you have any questions, please contact the staff of the laboratory of the Noordwest Ziekenhuisgroep:

- *location Alkmaar*: Monday to Friday, between 2 p.m. and 3.30 p.m., telephone 088 - 085 3645
- *location Den Helder*: Monday to Friday, between 8 a.m and 4.30 p.m., telephone 088 - 085 6232

Directions and parking: www.nwz.nl.

Questionnaire

Please provide the requested information and take this form with you when you hand in your sperm to the fertility laboratory.

Name:.....

Date of birth:.....

How long since you last had intercourse or an ejaculation days.

Date of ejaculation:.....

Time of ejaculation:.....

Was any sperm lost?

☐ yes

☐ no

Have you had a fever ($> 38^{\circ}\text{C}$) in the past 3 months?

☐ yes

☐ no

In case of IUI, please also answer the following questions:

Name of partner:.....

Partner's date of birth:.....

Special remarks:.....

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Legal notices

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