

Post-sterilisation semen analysis

What does this analysis entail?

You will have discussed with the doctor treating you that, following your sterilisation (vasectomy), a semen analysis will be conducted at the Noordwest Ziekenhuisgroep laboratory. This leaflet sets out what the post-sterilisation semen analysis will entail.

What is a post-sterilisation semen analysis?

A post-sterilisation semen analysis is conducted to test whether the vasectomy was successful.

When will the first semen analysis take place?

The post-sterilisation semen analysis can be performed:

- at least 3 months after the operation and
- if you have ejaculated at least 20 times since the operation

Have you been on any medication or have you had a fever (of 38°C or more) in the past 3 months? If the answer to either of these is 'yes', please contact the doctor treating you, as the quality of your semen may have been affected. This will affect the result of the analysis so, in these situations, it is better to postpone the test.

A re-test is sometimes necessary

In order to check whether the vasectomy was successful, it is sometimes necessary to test your semen again.

An appointment

The protocol for sample delivery varies by location. Please read the information relevant to your location carefully:

- Alkmaar location: if you are handing in a sample for the first time, you do not need to make an appointment
- Den Helder location: you need to make an appointment with the fertility laboratory by telephone. Appointments can be made from Monday to Friday, between 08:00 and 16:30, by calling +31 22 369 6232

If you are unable to attend your appointment, please cancel it by telephone as soon as possible.

Make sure you can get the sample to the laboratory within 1 hour of ejaculation. Keep this in mind when making the appointment.

How should you collect the semen?

Special sterile plastic container and form

Your doctor will provide you with a special sterile plastic container and a form to fill out. If your doctor has not provided you with a container, you can collect one from the fertility laboratory or the blood test laboratory.

Preparation instructions

You must adhere to the following instructions when producing a sample:

- refrain from all sexual activity (including masturbation) for at least 2 days (up to a maximum of 7 days) before your appointment. Only then will the semen obtained be of optimal quality
- urinate before ejaculation to flush out any bacteria present in the urethra, then rinse your penis with lukewarm, running water. Do not use soap, as soap residues can have a negative impact on the quality of the sample
- the sample must be produced by masturbation. The semen must only be collected in the special sterile plastic container provided. Semen collected in a condom will not be suitable for testing

Collecting the semen

Collect the semen directly in the container. Close the container carefully and write the following on the label of the container:

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

If you lose the first part of the ejaculate or more than just a few drops of the last part when you collected the sample, you must make a new appointment. If you lose less than a few drops of the last part of the ejaculate, you can still hand in the sample. However, please indicate this on the form under 'bijzonderheden' (additional information).

Collecting the sample at home or at the hospital

You can collect the sample at home or at the hospital at:

- the Den Helder location: there is a special room in the hospital which you can use to collect the sample. If you would like to use this room, please report to the laboratory desk about fifteen minutes before the agreed time. You will receive a special container with a sticker on it featuring your patient data. The laboratory's outpatient assistant will tell you where the room can be found
- the Alkmaar location does not have a separate room for sample collection. You will therefore need to collect the sample at home

Delivery: be on time

Hand in the sample no later than one hour after ejaculation:

- Alkmaar location number 035 (ground floor).
You can hand in the sample to the 'afnamelaboratorium 035' (test laboratory 035) from Monday to Friday between 08:00 and 11:00. Upon arrival, you can take an 'afgifte materialen' (delivery materials) number ticket from the machine

- Den Helder location, number 32 (1st floor).

Upon arrival, you can take an 'afgifte materialen' (delivery materials) number ticket from the machine

During transportation

Avoid extreme temperatures when transporting the sample. The sample must be kept between room temperature and body temperature at all times. Ideally, you should keep the container close to your body, in a jacket or trouser pocket, for example. Make sure that the container remains upright.

Delivery

When handing in the sample, you will need:

- the container containing the sample
- the application form (that your doctor gave you)
- proof of identity
- the form found at the back of this leaflet

If you are not yet registered at the hospital, please register before submitting the sample to the registration desk:

- Alkmaar location: at the registration desk at the Wilhelminalaan entrance, number 069
- Den Helder location: at the testing and general practice clinic opposite the side entrance

The results

The doctor treating you will receive the results of the analysis within a few days. The semen may need to be tested again.

Repeat semen analysis

If the results of the first analysis show that your semen needs to be tested again, you can hand in your second sample at least 6 weeks after the initial analysis.

A repeat analysis is only possible by appointment.

Making an appointment for a repeat analysis

To submit a new sample, make an appointment by telephone with the fertility laboratory at the location where you are being treated:

- Alkmaar location: Monday to Friday, between 14:00 and 15:30, telephone +31 72 548 3645
- Den Helder location: from Monday to Friday, between 08:00 and 16:30, telephone +31 22 369 6232

Make sure you can get the sample to the laboratory within 1 hour of ejaculation. Keep this in mind when making the appointment.

If you are unable to attend the appointment, please cancel it as soon as possible by telephone.

Questions

Please contact the Noordwest Ziekenhuisgroep laboratory staff if you have any questions:

- Alkmaar location: Monday to Friday, between 14:00 and 15:30, telephone +31 72 548 3645
- Den Helder location: from Monday to Friday, between 08:00 and 16:30, telephone +31 22 369 6232
- directions and parking: www.nwz.nl

Form to be completed following sterilisation (vasectomy)

Please fill in the requested information and bring the form with you when you submit your sample to the fertility laboratory.

Name:

Date of birth:

Date of ejaculation:

Time of ejaculation:

How many days has it been since your last ejaculation: days

Was any semen lost during collection?

☐ yes

☐ no

If you ticked 'yes', we will not be able to test your semen as the results will not be reliable. Please contact the fertility laboratory for a new appointment.

Have you had a fever (of over 38°C) in the past 3 months?

☐ yes

☐ no

Were the transportation instructions followed?

☐ yes

☐ no

If not, what happened differently?

Have you had your semen tested (semen analysis) since the vasectomy?

☐ no, this is the first analysis

☐ yes, this is the second analysis

Additional information:

.....

Deliver the semen to the laboratory no later than one hour after ejaculation.
It is important that the semen is tested within this timeframe.

—

The information below will be completed by the 'bloedafnamelaboratorium' (blood test laboratory) employee.

Time the semen was received:

Employee initials: