

## **Instructions for Collection and Delivery of Semen Samples for Investigation of Sperm Presence and Quality**

### **What do I need to have my semen sample tested?**

- 1) Semen Analysis/Post Vasectomy Referral Form:** Section 1 must be completed by your **GP Practice**, Section 2 must be completed by **yourself** after sample production
- 2) A Labelled specimen container:** This must have your full name and date of birth on it

### **When can I produce my sample and have it tested?**

Semen samples for infertility investigation are examined in the laboratory at Oxford Fertility. The laboratory can receive samples between:

**08.30 am and 12.00 noon Monday to Wednesday**

We regret that samples **cannot** be accepted outside of these days and hours. Additionally, we cannot accept samples at **weekends, on Bank Holidays or during the week between Christmas and New Year.**

### **Producing a sample as part of a post vasectomy check**

Your sample should be produced a minimum of 16 weeks after surgery and a minimum of 20 ejaculations since surgery. Please produce your sample at home and bring to Oxford Fertility within our laboratory times above. Your sample does not need to be fresh as we are mainly checking for whether there are any sperm present or not. However, it should be brought to us **within 24 hours of production.**

### **Sample production**

To optimise sperm quality, please avoid ejaculation for at least 2 days (but no more than 7 days) prior to producing the sample. The sample should be obtained by masturbation and the whole ejaculate collected directly into the container provided. It is important to report the loss of any part of the sample on the **Post Vasectomy Referral Form** as this could influence the result. Condoms must not be used to collect a sample.

### **Where do I need to take my Semen Sample?**

Your sample must be brought directly to **Oxford Fertility**. The clinic is located in the **Institute of Reproductive Sciences** on the Oxford Business Park North, Cowley **OX4 2HW**. A map may be found on the CONTACT page of our website [www.oxfordfertility.co.uk](http://www.oxfordfertility.co.uk)

Oxford Bus Company (No.5), Stagecoach (No. 1) and Brookes Bus Service (U5) buses all stop at the top of Cowley Road, and this is about a 5 minute walk from the clinic.

On arrival to the clinic, please hand your sample pot and completed **Post Vasectomy Referral Form** to the receptionist.

**NB We regret we are unable to process samples if the form is not completed or the pot is not labelled properly.**

### **When do I get my results?**

Oxford Fertility will send the results of your sample analysis to your doctor within a few days. Thus please **book an appointment a minimum of 1 week after** producing your sample to see your referring clinician to discuss the result. You may be asked to repeat the test, if necessary.

If you have any queries with regard to sample production or testing then please contact your doctor.