



Semen analysis

ANDROLOGY

PATIENT INFORMATION



What is a semen analysis?

A semen analysis is a medical examination that assesses the vitality, form, motility and number of sperm in the ejaculate. It provides information about the fertility status of the man.

At the macroscopic level, certain parameters are assessed:

- Volume, pH, colour and viscosity.

At the microscopic level, three basic sperm parameters are determined:

- Concentration and total number
- Motility
- Morphology
- Presence of other cell types, e.g. white blood cells

Changes in these components may indicate ongoing inflammation or infection, which can be confirmed by a **bacteriological test** of the same sample. This test, which is included in the first spermogram, detects the presence of bacteria that can affect sperm fertility and the result of the spermogram.

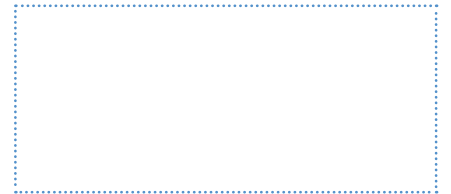
Another test performed as part of an initial spermogram is the **MAR test**, which can detect the presence of anti-sperm antibodies on the surface of the sperm. When these are present in high concentration, they can limit

the ability of the sperm to attach to the egg wall, thus reducing the chance of fertilisation.

It is important to emphasise that this test simply represents the situation on the particular day the test is performed. This is because the result can be influenced by numerous factors, such as age, genetic diseases, hormonal or functional disorders of the urogenital tract, smoking, alcohol abuse, environmental factors, fever, infections and stress.

Spermatogenesis, which is the formation of sperm, is a complex process that takes 74 days and which can be affected by one or more of the above factors. For this reason, in case of pathological results, a second spermogram is recommended around three months after the first test to confirm or disprove the results and obtain a more representative picture of fertility.

CONTACT



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LabPoint Medizinische Laboratorien AG

How is the semen analysis performed?

In order to do a semen analysis, you must strictly follow certain guidelines; these will be given to you in the form of leaflets when you make your appointment.

The most important thing you should observe is **the interval since the last ejaculation or occurrence of sexual intercourse – which should be between a minimum of 2 and a maximum of 7 days (ideally 3 or 4 days)**. The assumption that having a longer abstinence period leads to better results is wrong and has no positive effect on the sperm and the test results.

The only accepted method of sperm collection is **masturbation**.

Where can a spermiogram be performed?

This can be performed directly in the LabPoint laboratory (**this option is strongly recommended**).

Our LabPoint labs are equipped with special collection rooms so that the collection of the ejaculate can take place under good conditions and without damaging the sample. We can also guarantee discretion and privacy.

It is also possible to do the semen collection at home (**this option is not recommended**).

The sample should be delivered to our laboratories within 45 to 60 minutes after the ejaculation. Make sure that the sample is not exposed to excessive temperature fluctuations, as these could affect the test result. It is therefore recommended to carry the sample container as close to the body as possible, e.g. in a trouser pocket or under the jacket.

How is the appointment made?

- Call the LabPoint laboratory or
- Send an e-mail to the respective location.

Please wait for the appointment confirmation. You will find all contact details on our website. (www.mylabpoint.ch)

After registration, you will receive confirmation of the appointment. If necessary, please contact us as the appointment is not valid without this confirmation.

On the day of the appointment, you will also be asked to fill in a confidential questionnaire so that the medical staff can obtain useful information about your medical history.