

Specialists In Reproductive Medicine & Surgery, P.A.

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Excellence, Experience & Ethics



Semen Analysis & Sperm Antibody Screen Patient Information

Definition:

A Semen Analysis (SA) is a test that reveals the quality and quantity of sperm a man is producing. As part of the test, the number of sperm present in the ejaculate (concentration), the volume of the ejaculate, the number of sperm actively moving (motility) and the number of normally shaped sperm (morphology) are measured. The initial SA that you have done at Specialists in Reproductive Medicine & Surgery, P.A. (SRMS), may also include a laboratory procedure called an Sperm Antibody Screen (SAS). Anti-sperm antibodies are antibodies that a man can make against his own sperm making movement of the sperm difficult or penetration of a woman's egg by the affected sperm less likely to occur. The SA & ASAS tests are some of the most economical tests for the evaluation of male factor problems.

Anatomy/Physiology:

It takes about three months for each sperm to mature. The growth of the sperm is under the regulation of the brain through the hormones LH (Luteinizing Hormone), FSH (Follicle Stimulation Hormone), Prolactin, Cortisol, Insulin, Estrogen and Testosterone.

Reason for Testing:

In as many as 30% of subfertile/infertile couples, an abnormal semen analysis will be discovered. An additional 20% of the couples will have difficulties attributed to both partners so up to about 50% of the men tested at SRMS will have abnormal semen analyses.

Instructions:

- 1) Schedule the date and time of your semen analysis with the receptionist. Please do not bring in a specimen without a scheduled appointment. ***If you arrive without an appointment, the analysis will not be performed.***
- 2) Abstain from ejaculation at least 48 hours prior to collection. Abstaining longer than seven days may also adversely affect the results.
- 3) The sample may be collected outside the office if it will arrive to the office within 45 minutes of the collection. If the sample is to be collected outside the office, please label the plastic container with your name, the date and time of collection. After labeling the container and the sample collected, place the carefully sealed container in a small plastic or paper bag. Please try to collect the entire specimen.
- 4) If the sample cannot be collected via masturbation, special condoms are available although this procedure is slightly more cumbersome. The condoms often do not offer the most accurate of results but may be used if masturbation is not an acceptable alternative. Please ask your physician for details.
- 5) Regardless of the method of collection, please do not use lubricants in collecting the sample, as lubricants can be toxic to sperm. Once the sample is collected and placed in the bag, keep it at body

Semen Analysis & Anti-Sperm Antibody Screen Patient Information (*cont.*)

temperature. The hot Florida sun will kill sperm quickly. Do not cool it; do not heat it, just keep it at body temperature.

- 6) When you arrive, you will be asked to complete a short questionnaire that asks about current medications, abstinence time, collection time and possibility of spillage of the specimen during the collection process. Please be accurate with your answers. Please do not leave the premises before this form is completed.
- 7) If you are unable to bring in the specimen within the allotted 45 minutes, a secure (locked), quiet room has been specifically designed for collection. As much as is possible, the patient is put at ease and the presence of your partner is entirely optional. Please remember that the collection of a specimen is done frequently in the office and the staff is acutely aware of your need for privacy.
- 8) All specimens should be ejaculated into a clean container. Plastic is preferred and a container is commonly provided for you. All containers must be labeled with your name, date and collection time. ***Unlabeled specimens will not be processed to prevent the possibility of an error in the reporting of results.***
- 9) If a semen **culture** is requested, please adhere to the following:
 - Wash your hands before collection.
 - Clean the head of the penis (glans) with the enclosed sterile wipes.
 - Open container and do not touch the interior of the container or the inner lid with your fingers or penis.
 - Collect the specimen by masturbation
 - Secure the lid tightly
 - Label the specimen with enclosed label
 - Place specimen in the pass-through and press the red button to notify the lab that a specimen has been provided.

Interpretation of the Results:

The results of the test will be discussed at either the next scheduled visit or through a "teleconference." Please notify the receptionist as to the method in which you want to discuss the test results. The physician reserves the right to ask to see you and your partner in person if the results are complex and require an extended explanation including literature and drawings.

If the sperm antibody screen is positive, additional testing will be requested.

An abnormal semen analysis does not automatically mean that you will be unable to establish a pregnancy. Likewise, a normal result does not necessarily mean that the sperm are functioning normally. Borderline studies will need to be repeated (usually within one month) with additional studies frequently necessary. The causes of an abnormal specimen could be due to problems with the maturation of the sperm including hormone imbalances, sperm antibodies, medications, environmental issues, recreational drug abuse, genetic abnormalities as well as anatomical problems.

It should also be remembered that abnormal sperm do not generally produce abnormal offspring.

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