

The Day Of Your Appointment

- For directions to the office where your appointment is scheduled, please visit our website: www.seattlefertility.com. Report to the clinic at your scheduled appointment time. Please have your picture ID available. SRM laboratory personnel will direct you to a private room for your semen collection. Your partner may accompany you, if you choose.
- Masturbation is the recommended method of collection. Lubricants, saliva or vaginal secretions may interfere with test results.
- You will be provided a specimen cup for the sample and instructions for leaving your sample for the testing.
- If you have scheduled a home collection, please check in at the laboratory reception window. An SRM laboratory staff member will receive your sample.

Getting your Results

Results of your semen analysis will be available 7 to 10 days after your appointment.

As with other tests, you should confirm with your physician how you will receive your results. Usually results are discussed at a follow up appointment or by contacting your primary SRM nurse.

You will not be called automatically, so please be sure that you have made some arrangements for follow up.

Semen Analysis

Infertility is a couple's issue. In 40% of couples experiencing infertility, there is some degree of male factor, i.e., an abnormality of one or more semen parameters. Therefore, a semen analysis is recommended as part of every basic infertility evaluation, even when a diagnosis has already been determined in the female partner and/or when the male partner has previously caused a pregnancy.

The semen analysis is a microscopic examination of the ejaculate to determine sperm number and function. Parameters included in a normal semen analysis include the number of sperm (concentration), how many of them are moving well (motility), and whether they are normally shaped (morphology).

Semen parameters can fluctuate considerably from day to day and week to week; therefore, if the initial semen analysis is abnormal, it should be repeated. If there are persistent semen analysis abnormalities, additional tests and/or a referral to a male fertility specialist (urologist) may be recommended.

To schedule a semen analysis, please call SRM at **206-301-5000**. This number can be used to schedule this test at any of our locations (Seattle, Bellevue, or Tacoma). Please specify with call center representative your preferred site.

Prior to your Appointment

The following conditions may affect your semen sample. Please follow the instructions below to ensure accurate test results.

- Abstain from ejaculation for 2 to 5 days prior to your appointment.
- Refrain from using a hot tub or sauna for at least 3 weeks prior to your appointment.
- If you have a temperature of 100 F or higher for more than half a day or a fever of 102 F or greater within the 3 months prior to your appointment, please contact SRM to reschedule.