

## PATIENT PREPARATION FOR SEMEN TEST

### A patient reporting for a semen analysis should maintain:

- a period of sexual abstinence from a minimum of 48 hours (2 days) to a maximum of 7 days from the last ejaculation. Optimally 3-5 days.
- healthy lifestyle: limit smoking, avoid alcohol consumption, stress and high physical exertion.

### When should you refrain from performing the test:

- if you had a high fever in the days preceding the test
- if you have been treated with antibiotics. It is recommended to perform the examination 2 weeks after the end of antibiotic therapy.

The semen sample should be donated by masturbation to a container properly prepared for this purpose (a clean, non-toxic, plastic container with a wide opening, labeled with the patient's data and previously weighed, with the weight noted).

The laboratory provides ready and weighed containers at the price of the test.

The patient should inform about possible problems with collecting the sample (e.g. loss of some ejaculate).

Semen should be delivered to the laboratory up to max. 1 hour from ejaculation at transport temperature close to body temperature, about 37°C.

Maintaining these parameters will preserve semen properties such as mobility and vitality.

### ATTENTION:

Each semen test result deviating from the reference values requires a second test, and in special cases a third test. This rule applies when the examination is performed for the first time (this does not apply to control examinations).

There is no examination of a semen sample obtained during the so-called intermittent intercourse, because the first portion of the ejaculate that contains the most sperm cells may be lost, in addition, the sample may be contaminated with cellular elements or bacteria, and the low pH of the vagina may adversely affect sperm movement.

The test will be performed by a laboratory diagnostician with appropriate qualifications, in accordance with the current WHO guidelines from 2010.