

# Semen Analysis

A semen analysis is a test to check a man's semen and sperm. Semen is the thick yellow-white fluid passed through the penis during sexual activity. Semen contains sperm, which are the male sex cells that fertilize the female egg leading to pregnancy.

## Why am I having this test?

Your doctor may order this test to:

- Find out why a couple is not able to have a child. Problems with a man's semen or sperm can cause male infertility.
- See if there is no sperm after a vasectomy. Vasectomy is an operation that is done to stop a man from releasing sperm into semen.
- See if there is sperm after the reversal of a vasectomy.

## How do I prepare?

- Do not have sexual activity that causes you to pass semen for at least 2 days before the test.
- Tell your doctor about any herbals, over the counter medicines, vitamins and prescription medicines that you are taking.
- Do not drink alcohol for a few days before the test.

## How to Collect Your Sample

- You will be given a sterile container to collect your semen sample.
- On the day you are to bring in your semen sample, pass semen into the container. Collect the entire amount.
- Keep the container next to your body until you take the sample to the lab. Avoid hot or cold temperatures.
- **Bring the sample to the lab within 1 hour after collection.**
- The lab is located at:

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- Talk to your doctor or nurse if you have any questions or concerns.

## **Test Results**

Your doctor's office will contact you with your test results. If a low sperm count or abnormal semen is found, more testing may be done.