

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.

Baadhista Manida/Shahwada

Baadhista manida ama shahwadu waa baadhitaan lagu baadhayo manida iyo abuurka ninka. Manidu waa dheecaanka adag ee midabkiisu yahay hurdi ilaa cadaan ee ka soo baxa qoodhaha marka galmo dhacdo. Manida waxa ku jira abuur, kaasoo ah unugyada jinsiga ee labka ee bacrimiya unugga dhedigga taasoo keenta uur.

Waa maxay sababta la iigu sameynayo baadhitaankan?

Dhakhtarkaagu waxa uu amri karaa baadhitaanka:

- Si loo ogaado sababta lamaanuhu aanay u awoodin inay yeeshaan ilmo. Dhibaatooyin ka jira manida ama abuurka ninka ayaa sababi kara dhalmo-la'aan lab ninka kasoo jeeddah.
- Si loo ogaado inaanay jirin wax ah abuur ka dib xidhis dhuumo abuur (vasectomy). Xidhis dhuumo abuur (vasectomy) waa qalitaan la sameeyo si loo joojiyo in ninku abuur ku sii daayo manida ama shahwada.
- Si loo ogaado haddii uu jiro abuur ka dib marka dib loo furo dhuumaha abuurka ninka.

Sidee baan isu diyaariyaa?

- Ha sameyn wax galmo ah oo keenaysa in mani ama shahwo kaa baxdo ugu yaraan 2 maalmood ka hor baadhitaanka.
- U sheeg dhakhtarkaaga wixii ah geedo/dhir, dawooyinka la iska iibsasho warqad la'aan, fitamiino ama dawooyin dhakhtar soo qoray ee aad qaadatid.
- Ha cabin khamri dhawr maalmood ka hor baadhitaanka.

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:

- 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.

Sida Loo Ururiyo Qadar la Soo Baadho

- Waxa lagu siin doonaa weel nadiif ah si aad ugu ururid qadar ah manidaada ama shahwadaada.
- Maalinta la rabo inaad keentid qadarka ah manidaada ama shahwadaada, ku shub mani ama shahwo weelka. Ururi dhamaan qadarka kaa yimaada.
- Weelka ku hay meel ah korka jidhkaaga ilaa aad qadarka ka geynaysid shaybaadhka ama labaratooriga. Ka ilaali hawada kulul ama qabow.
- **Qadarka keen shaybaadhka gudaha 1 saac ka dib ururinta.**
- Shaybaadhku waxa uu ku yaalaa:

- La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.

Natijooyinka Baadhitaanka

Xafiiska dhakhtarkaaga ayaa kula soo xidhiidhi doona si laguugu sheego natijooyinka baadhitaanka. Haddii tiro abuur oo hooseysa ama mani aan caadi ahayn la arko, waxa dhici karta in la sameeyo baadhitaan dheeraad ah.

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