

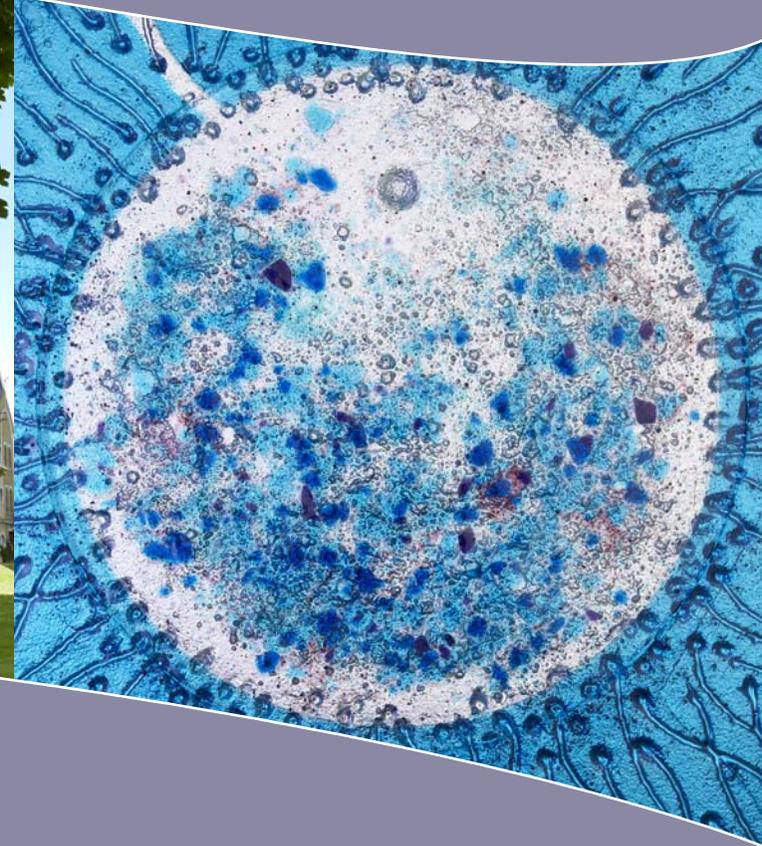
## Follow-up appointment

At your follow-up appointment your consultant will review all your test results with you. Even if a few tests are abnormal, the overall result may still be within the normal range. We know that your sperm quality can naturally vary from time to time. So if your initial semen sample was abnormal, we may suggest a repeat sample a few weeks later. Please tell us of any recent illnesses or any current medication.



If your sperm sample is abnormal, and is the likely cause of your infertility, we can talk through your options. Occasionally, mere changes in your lifestyle such as a healthy diet, stop smoking and reducing alcohol intake may be sufficient to boost your fertility. Otherwise, we will recommend the most appropriate treatment for you.

[www.hertsandessexfertility.com](http://www.hertsandessexfertility.com)



Herts & Essex  
Fertility Centre



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## Semen Analysis

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# Semen analysis

One of our first objectives at the Herts & Essex Fertility Centre is to assess the inherent fertility of our patients – both male and female – so that the appropriate treatment journey can be started. A sperm test is an essential part of male fertility assessment and is a requirement if you come to us as a couple or if you wish to become a sperm donor.

Semen analysis examines your ejaculate for volume of semen, consistency, sperm concentration, sperm motility and progression, percentage of abnormal sperm, presence of anti-sperm antibodies and other factors that have some bearing in conception – especially for certain fertility treatments. Fertility problems due to the male partner happen in about a third of cases, so it is essential that these tests are done before any fertility treatment is started.

Sperm quality is best tested within an hour of ejaculation, so we provide a quiet and private room for this procedure. The process is straightforward, and we are experienced at putting you at ease.



## The analysis tests

### Volume

Low semen volume may be caused by an obstruction of the vas deferens, absence or blockage of the seminal vesicles, partial retrograde ejaculation, or a hormonal imbalance. Some men find producing a semen sample extremely stressful and this may influence the result, so please discuss this with us in the first instance.

### Consistency

On ejaculation the sperm is gelatinous to help it stick to the cervix, and it subsequently liquefies to allow the sperm to swim to the egg. A delay in this process may indicate a problem with your accessory glands.

### Concentration

Sperm concentration, normally known as sperm count is measured by the number of sperm in one millilitre of semen.

There are many reasons why your sperm count may be low: undiagnosed health problems such as diabetes or coeliac disease, hormonal imbalance, problems with ejaculation, medications or recent illness.

Your lifestyle can also affect sperm count and we will discuss being overweight or obese, smoking or excessive alcohol consumption with you, if relevant. From the age of 40 a man's sperm quality and quantity will start to decline.

### Motility

Motility is the ability of the sperm to move towards an egg, and is recorded as a percentage of sperm moving in a given sample. Being able to swim to their destination is essential for fertilisation to take place. Poor motility may be caused by illness, certain medications and lifestyle habits as mentioned above.

### Morphology

Morphology is the appearance of the sperm. An abnormal sperm may have abnormalities in its head, neck or tail or it may be immature. Your sperm sample should contain no more than 85% of abnormal sperm.

However, even if it is higher and all other parameters are normal, then your overall fertility may still be treated as normal.

### White blood cells

It is not unusual to have some white blood cells in semen, but a high count may indicate an infection which will require further tests.

