



## Information on spermiogram examination

A spermiogram is the examination of human sperm, usually with the aim of assessing male fertility.

The examination is analysed in accordance with the guidelines of the World Health Organization (WHO). These guidelines specify the determination of sperm concentration, the classification according to sperm motility and an assessment of sperm shape (morphology). Some physical and chemical parameters are also recorded. If necessary, sperm processing is performed in which the motile sperm are purified and concentrated. Sperm quality often varies considerably from day to day. Therefore, at least two sperm samples should be analysed 6-8 weeks apart.

### Please note for optimum results:

The last ejaculation before semen collection should be 3-5 days ago (**waiting period**). If this time is significantly exceeded or undercut, this may result in discrepancies from the normal values.

You can collect semen at home or in our clinic by masturbation. If you choose to collect the sample at home, please obtain a sterile and labelled sample cup from us or from a pharmacy and then bring the sample to our clinic **within 45 minutes** while maintaining the sample at body temperature.

The collection should be as germ-free as possible. To do this, you should **urinate and clean your hands as well as the skin of the penis before collection.**

Do not allow the ejaculate to come into contact with soap or sanitiser as this can kill the sperm. Commercially available condoms are also not suitable under any circumstances. Close the sample cup carefully. In addition, please provide us with written confirmation that this is your sample to be used for the examination and, if applicable, for therapy with your partner.

If you bring the sample with you, please let us know at the registration desk right away so that the sample can be accepted by our laboratory staff as quickly as possible.

Daily visits to the sauna, tobacco consumption and excessive alcohol consumption can impair the quality of sperm. Feverish infections and antibiotics can lead to a temporary reduction in quality. If necessary, we recommend that you repeat the analysis.

### Waiting time

Sperm collection in a medical facility can be an unpleasant experience for some men and can be associated with a certain amount of psychological stress. For this reason, sometimes the scheduled time for sperm collection is exceeded. This can result in waiting time for the following patients. In this case we kindly ask for your understanding.