

# Semen Analysis

A semen analysis is a test to check a man's semen and sperm. Semen is the thick 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.