

EVALUATING MALE FERTILITY



WHEN TO CONSIDER MALE FERTILITY TESTING?

When a couple has the inability to conceive after 12 months of regular, unprotected sexual intercourse, a spermiogram (semen analysis) is recommended. Several male factors can cause or contribute to the inability to conceive.

WHAT IS A SPERMIOGRAM (SEMEN ANALYSIS)?

A spermiogram is a set of tests to evaluate male fertility. These tests provide information that will influence the ability to fall pregnant.

A semen analysis includes evaluation of the volume of the specimen, the amount of sperm and the movement of the sperm at different time intervals (up to 8 hours). It also looks at the shape of the sperm and may include other tests, for example sperm antibody testing. The outcome of the spermiogram is useful for future planning or treatment.

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WHAT TO DO NOW?

The spermogram test is available on either a self- or doctor-referred basis. Schedule your appointment at the Ampath Care Centre where this specialised solution is offered. Find the one nearest you on our website under Andrology.

THINGS TO REMEMBER

1. A period of 3 days abstinence from sexual intercourse or ejaculation is required. Abstinence of longer than 7 days may negatively affect the sperm quality.
2. Time delay and temperature changes can alter results significantly, therefore producing the semen specimen at home is not recommended. If the specimen is produced at home, it must reach one of the Ampath facilities performing spermograms within an hour, whilst being kept at body temperature (e.g. under the arm against the skin) at all times. It is important to schedule an appointment with the facility beforehand.
3. Before producing the semen specimen, pass urine (if possible). Wash hands with soap and water, rinse well and dry them thoroughly before producing the semen specimen.
4. A sterile specimen container will be provided at the laboratory. These containers are also available at any Ampath facility.
5. Produce the semen specimen by masturbation and collect the entire specimen into the specimen container provided.
6. An ordinary condom or lubricant may not be used, as it contains spermicidal products that will affect the results. A special condom, containing no spermicidal products, can be obtained at a cost from the laboratory.
7. A series of tests will be performed and the specimen will be monitored for up to 8 hours after production.
8. A blood specimen (one tube) will also be collected to confirm whether sperm antibodies have been detected in the semen specimen.
9. Results will be available within one week and sent to the referring doctor.

ANY DEVIATION FROM THESE INSTRUCTIONS MAY RENDER THE ANALYSIS INACCURATE. ALL INFORMATION WILL BE TREATED AS CONFIDENTIAL.

Should you have any additional questions, contact us via email at andrology@ampath.co.za

AMPATH APP



Your test results are available to you through our easy-to-use Ampath App

*Certain test results require an explanation by your doctor first and will only be available on the App later.

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