

INSTRUCTIONS SPERMIOGRAM / SPERM CELL ANALYSIS

WHAT IS A SPERMIOGRAM?

A spermiogram assesses the quality of male semen. A semen analysis is used to assess a man's fertility and evaluate the viability of his sperm cells. The Examination includes the precise determination of sperm motility, sperm concentration and the sperm morphology as well as the quantity and PH value of the ejaculate.

WHEN SHOULD A SPERMIOGRAM BE DONE?

- If you have no children despite regular, unprotected sexual intercourse over a period of time of more than a year.
- To check infertility after a vasectomy.

WHAT SHOULD BE CONSIDERED BEFORE THE SPERMIOGRAM?

For a meaningful evaluation of the spermiogram, **sexual abstinence** (no ejaculation) for **at least 3 days** is necessary.

HOW DOES THE SAMPLE COLLECTION WORK?

The sperm sample is obtained from the patient using masturbation.

- Sample material brought with you: The fresh semen sample must be provided in a sterile container, kept at body temperature and delivered to one of the IHR LABOR locations 1010, 1040, 1090, 1150 or 1220 in person (with ID) or with appropriate authorization (signed with ID) within 30 minutes after ejaculation. Please note that you will receive a cup for ejaculation at IHR LABOR and you must have your name and insurance number on the mug label.
- HR LABOR: Of course there is also the option to produce the semen sample directly on site at an IHR LABOR location. We only carry out this test by appointment and preparation in the IHR LABOR locations 1010, 1040, 1090, 1100, 1150 and 1220.

SAMPLE COLLECTION SPERMIOGRAM / SPERM CELL ANALYSIS

INFORMATION FOR THE INVESTIGATION

Patient:
First and Last Name

Insurance No. Date of Birth

Have you had your
spermatic cords tied? **YES** Date **NO**

Period of sexual abstinence Days

SAMPLE COLLECTION

Date of sample collection Time of sample collection

Location of sample collection **AT HOME** **IHR LABOR**

I have read and taken note of the patient information.

Date Signature

TO BE COMPLETED BY IHR LABOR

Time of sample handover to IHR LABOR if the sample was collected at home

Date Signature IHR LABOR