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| HOW TO COLLECT A SEMEN SAMPLE FOR INFERTILITY INVESTIGATIONS |
| Information Leaflet IMPORTANT APPOINTMENT DETAILS ENCLOSEDStockport NHS Foundation TrustMicrobiology DepartmentPathology BuildingStepping Hill HospitalPoplar GroveStockportSK2 7JETel: 0161 419 4491Email: PathologyEnquiries@stockport.nhs.ukSample test kit to be stored at 20oC- 37oC  |
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# Booking an appointment for the analysis at the lab

We have a limit on the number of samples we can deal with each day so you need to book a day to bring your sample in for analysis.

**Ring 0161 419 4491 between the hours of 9-12 am and 2-5 pm, Monday to Friday to make your appointment with the microbiology secretaries.**

We are unable to deal with specimens that arrive in our laboratory **without** an appointment.

**Producing your semen sample**

**Before you start:**

* Wash your hands before collecting your sample to reduce contamination.
* Remember that samples **must** reach the laboratory within 50 minutes of production.

**You will need:**

* A specimen container (with a blue label) – these are specially tested pots for this test. Store sample testing kit at 20oC- 37oC prior to use.
* A specimen request form.
* A specimen transport bag.

**When to collect your sample:**

* You should ***abstain*** for **3-6** days before your appointment day this means that you should not have intercourse (or masturbate) **for at least 3 days before the test.**
* However, you should also not go without intercourse (or masturbation) **for more than 6 days before the test.**
* Once collected you should take the sample **immediately** (within 50 minutes of production) to the laboratory at the time of your appointment.

**How to collect your sample:**

* Obtain your sample by masturbation (manual stimulation) and pass it directly, **without loss** (the complete sample is needed), into the container provided.
* Do not use a condom or artificial lubrication, as this will affect the results.
* Secure the top of the container tightly.

**Where to collect your sample:**

* You must collect the sample in your own home. We do not have suitable facilities for you to produce the sample on site. Please note that it is unlawful to collect semen samples in a public toilet.

**The sample container**

**Please check the sample container has:**

* Your full name (first name and surname), date of birth and NHS or hospital number
* The type of sample (ie semen - infertility)
* Time and date of collection of the semen sample.

# The sample request form

**Please check that the sample request form records:**

* Your full name (first name and surname), address and date of birth.
* Your doctor’s name and surgery (or Consultant’s name and Fertility Clinic).
* The type of sample being sent (ie, semen). The form must say ‘For infertility investigations’.
* How many days you went without intercourse or masturbation before producing your sample.
* The actual date and **time** your sample was produced.
* Place the form in the pouch of the sample transport bag.

**How to transport your sample**

* Place the container in the sample transport bag and seal the top firmly.
* Keep the container warm (eg in a trouser pocket or inside pocket close to the body) – ideally between 20°C and 37°C.
* The specimen and request form should be delivered to the Microbiology Laboratory in the Pathology Building at Stepping Hill Hospital **as quickly as possible** and within 50 minutes at the most.
* Hand directly to the Receptionist in the laboratory front office telling them this is a microbiology sample that “must be analysed immediately.” They will realise the nature of the sample.
* The Receptionist will be required to ask you a few questions regarding your sample
* You will be asked:
	+ - The number of days abstinence (see above)
		- Whether the complete sample was collected in the container
		- The time the sample was collected
* These are important when processing the sample and interpreting the results of your investigation

Your doctor (or the Fertility Clinic Consultant if they referred you for this test) will have a written report within approximately 7 days of your test.

# Contact us

If you would like further information or advice please telephone the laboratory on:

0161 419 4491. Sighted guides are available from main reception should you need one to help you find the laboratory reception when you arrive at the hospital.

More information on laboratory tests may be found on:

[www.labtestsonline.org.uk](http://www.labtestsonline.org.uk) and on the Stepping Hill Laboratory website at: <https://labmedservices.stockport.nhs.uk>.

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| **If you would like this leaflet in large print, another language, or on audiotape or braille, or for people with learning disabilities, please contact:**Patient and Customer Services, Poplar Suite, Stepping Hill Hospital. Tel: 0161 419 5678. Email: PCS@stockport.nhs.uk.  |

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| **If you require an interpreting service when you bring your specimen to the Microbiology Laboratory please contact us in advance or tell us when you make your appointment so that we can make the necessary arrangements:** Tel: 0161 419 4491. |

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| **Our smoke free policy**Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more. |

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