



**Pearl W. Yee, M.D. Inc.**

*Obstetrics • Gynecology • Medical Aesthetics  
Fertility • Menopause • Urinary Incontinence  
Advanced & Minimally Invasive Female Surgery*

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## **Semen Analysis Test Information and Instructions**

A semen analysis is important to rule out male factors which account for 30-40% of all infertility. The analysis includes a measurement of volume (normal is >2ml), microscopic examination for sperm count (normal is >20million/ml), motility (normal is >50%) and shapes (>50% normal).

Please have your husband or partner ask his primary care physician for a lab requisition slip (ICD 9 Code: 606.9) to perform a Semen analysis test at the laboratory. The laboratory (or our office) can supply you with a sterile cup for collection. Please have our practice name added to the requisition form to receive a copy of the final report and/or bring a copy of the report to our office if not electronically available (just provide his full name and DOB).

A semen sample should be collected at home without the use of lubricants after 2 to 3 days of abstinence and brought to the laboratory within one hour of collection. Do not abstain from ejaculation for more than 5 days before the semen analysis secondary to the excess dead sperm in the sample. The specimen should be kept near body temperature by placing the container next your body during transportation. Please understand that sperm quality varies on a day-to-day basis and there is an extensive overlap between semen parameters of fertile and infertile men. Please inform us if you have had a serious illness or high fever the week before the SA test in that the result may be falsely low or abnormal. If the semen analysis is abnormal, the test can be repeated or the patient can be referred to the Urologist.

If you proceed with the IUI program for treatment of infertility, the semen analysis will be repeated at the time of sperm preparation for artificial insemination.

Be sure to confirm with the laboratory in advance that the semen analysis test can be performed at their facility. Not all laboratories perform the semen analysis test and some only do so on certain days and hours. Remember to confirm that the laboratory is approved by your insurance.

At California Pacific Medical Center (CPMC), patients need to call 415-600-2200 to make an appointment on a weekday from 7am to 1pm excluding holidays. Patients are instructed to abstain from sexual activity for 3-5 days prior to the test, avoid hot baths, caffeine, alcohol or drugs and to bring your insurance card. The specimen needs to be collected into a sterile plastic container labeled with your name, your partner's name, home address, time and date of collection and kept at body temperature or room temperature. Do not refrigerate. The specimen needs to be delivered within 30 minutes from the time of collection to the laboratory at 2333 Buchanan Street, Clinical Laboratory Second Floor Room 2410.

At times we recommend for men to proceed with a Krueger scale of evaluation for semen analysis. This 24-hour semen analysis is performed only at an Andrology lab and is used to evaluate subtle male factors affecting fertility. If the semen analysis is abnormal a urological exam will be recommended along with hormonal tests including Prolactin, FSH and Testosterone levels.