



**LEICESTER FERTILITY CENTRE
KENSINGTON BUILDING
LEICESTER ROYAL INFIRMARY
0116 258 5922**

INSTRUCTIONS FOR THE COLLECTION OF SEMEN SAMPLES

Please note the Leicester Fertility Centre does not have facilities for the production of semen samples for analysis

- The container must be clearly labelled with your **name, address and date of birth** and then placed into the sealable bag (if provided). You **must** have a request form from your G.P. to accompany your sample. If you do not have a form you **must** obtain one from your G.P. prior to bringing in your sample as we can **not** analyse it without one.
- Please bring the sample to the reception desk of the Leicester Fertility Centre, Kensington Building between **9am & 12pm Monday to Friday** (excluding Bank Holidays). Please note that if you are having a detailed 'swim up' analysis the sample can only be brought in **9am-12pm Monday to Thursday**.
- Please **wash your hands and penis** thoroughly before producing the sample. Please do **not** use any lubricants as these are toxic to sperm
- You must abstain from intercourse / ejaculation for more than 1 full day and less than 7 days for this test. However, we recommend that for optimum results you abstain for **2-3 days** before production of the sample.
- The sample should be collected by **masturbation** directly into the sterile container provided and should be complete i.e. the entire sample must be collected into the container.
- Withdrawal at intercourse should **not** be used to produce a sample, as the first part of the ejaculate that contains the majority of the sperm may be lost. If you are unable to produce a sample by masturbation we can provide special silastic condoms into which you can collect your sample. These are available at our reception at a cost.
- Do not transfer a sample that has been collected in a normal condom, as the spermicide in the condom will kill many of the sperm.
- The sample should arrive at the Centre within **1 - 1½ hours** of production of the sample. The sample should not be heated or cooled but kept roughly at **body temperature** e.g. in a pocket.
- Please tell one of the reception staff when handing in the sample at the Centre.
- Payment is required only for the detailed 'swim up' test as the materials and reagents required to perform this test are very expensive and are not covered by NHS funding. The payment for this is **£120** and can be made by cash, cheque or card.