

Semen Analysis

Dr. Robert Bennett

Step 1: Explanation of the tests:

Dr. Bennett first explains the testing and answers any questions you may have,

Step 2: Questionnaire (all answers are CONFIDENTIAL). Leave blank any answers you don't have.

Height: _____

Weight : _____

Blood group (blood type): _____

Time since last ejaculation (if < 2 days, wait): _____

Time since last urination (if > 2 hours, urinate): _____

Any abnormalities at last urination?: _____

Alcohol habit: _____

Drug use (esp THC): _____

Herbal Supplements: _____

Underwear use/ type: (boxer vs. briefs): _____

Occupation: _____

Activities that press on prostate: _____

Recent Illnesses (esp. fever): _____

Diabetes: _____

Hypertension: _____

Heart and vacular diseases: _____

Congenital defects: _____

Trombosis: _____

Hepatitis: _____

Malignancy: _____

Allergies: _____

Sexually transmitted diseases: _____

Herpes, Syphilis, HIV, Gonorrhoea, etc

Tested for HIV: _____

Smoking habit: _____

Any children from a previous relationship? _____

Are there any hereditary disorders or fertility issues in your partner's family? _____

For example, haematological or neurological conditions (e.g. Huntington's disease), psoriasis, diabetes, cancer, thyroid failure, anorexia, albinism, Down's syndrome, coeliac disease, galactosemia, anaemia, cleft lip, palate or syndactyly, haemophilia and daltonism (colour blindness)

Erection or ejaculation problems: _____

Mumps in adolescence _____

Testicular descent failure in childhood _____

Ever needed to visit an urologist? _____

Genitals ever been hurt or injured? _____

Prescription Medications: _____

Step 3: Specimen Collection

Microbiological contamination from non-semen sources (e.g. commensal organisms from the skin) must be avoided. The specimen containers, pipette tips and pipettes for mixing must be sterile.

The man should:

1. Pass urine (if not done so recently).
2. Wash hands.
3. Wash penis with soap, to reduce the risk of contamination of the specimen with commensal organisms from the skin (unless penis washed recently, i.e. shower)
4. Rinse away the soap thoroughly.
5. Dry hands and penis with a fresh disposable towel.
6. Preferably dry ejaculate into a sterile container. Do not get soap, lotion, lubricant, etc into container.
7. Make a note of the time ejaculation occurred (start of liquefaction time)