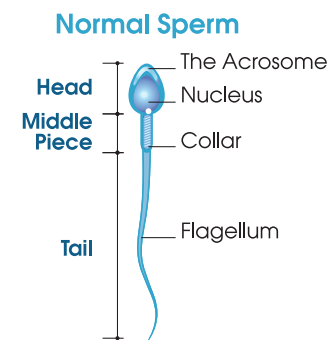


## Common Semen Abnormalities

Reference Values	World Health Organisation (2010)
Volume	≥ 1.5ml
pH	≥ 7.2
Sperm concentration (count)	≥ 15 million sperm per ml
Motility (movement)	≥ 32% with progressive motility
Morphology (shape)	≥ 4% normal forms

### TYPES OF ABNORMALITIES:

- Oligospermia** reduced number of sperm
- Azoospermia** no sperm present in ejaculate
- Asthenozoospermia** reduced movement of sperm
- Teratozoospermia** reduced number of normal sperm



New sperm takes about 74 days to mature and another 14 days to travel out of the testicles (a total of 3 months)

## National University Hospital Urology Centre

NUH Medical Centre, Level 16

Appointment Line: (65) 6908 2222  
Email: urology\_centre@nuhs.edu.sg

Opening Hours:  
Monday to Friday: 8:30am - 5:30pm  
Closed on Sat, Sun & Public Holidays



Nearest MRT Station: Kent Ridge (Circle Line)

National University Hospital  
5 Lower Kent Ridge Road, Singapore 119074  
Website: www.nuh.com.sg

Company Registration No. 198500843R

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# Semen Collection For Analysis

## UROLOGY CENTRE



Semen analysis is a test done to assess male fertility.

This test allows us to understand how conception is affected by the quality of the sperm. It is also used to check the progress of infertile men who have undergone treatment for infertility.



## How to Collect Semen for Analysis



Pass urine if your bladder feels full



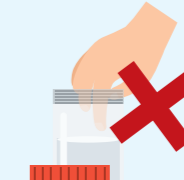
Wash your hands and genital area



Dry thoroughly with a clean towel



Collect the entire sample by masturbating into the wide-mouth sterile container



Do not touch the inside of the container



Cover and tighten the lid



Keep the sample in your shirt pocket or somewhere close to your body temperature and avoid sunlight



Deliver the sample within 1 hour of ejaculation



### Arranging for a semen analysis

Once a decision is made, the doctor will order this test and you will be given an appointment to send in your sample. You will be given a lab order form, a container with a closed cap, and instructions on how to collect the sample.



### Collection can be done at 3 locations:

- At home if you are able to deliver the sample to the Andrology Laboratory (Kent Ridge Wing, level 3) within 1 hour
- Masturbatorium at the Urology Centre (Medical Centre, level 16)
- Lavatory near the Andrology Laboratory (Kent Ridge Wing, level 3)

### Key points:

- Abstain from sex 2 to 5 days before collecting sample
- Re-testers should abstain from sex 2 to 5 days before collecting the next sample to achieve consistency
- No condoms or lubricants are to be used when collecting sample
- Keep the container nearby to collect all the semen ejaculate
- Delivery of the sample to the laboratory must be done within 1 hour, as sperm do not live outside of the body for long

