








# Sperm analysis

	<h2>General</h2>
	<p>The sperm analysis is carried out to determine the fertility of your sperm. The most important factors being examined are the concentration and the motility of the sperm.</p>
	<h2>Examination</h2>
	<p>The sperm must be obtained by masturbation. It is recommended not to have had an ejaculation for two or three days prior to the examination.</p> <p>You have received:</p> <ul style="list-style-type: none"> <li>- This flyer with the explanation of the examination and a questionnaire.</li> <li>- A sterile specimen container with lid to collect the sperm sample. Please do NOT use any other container. If you have not received a sterile specimen container you can get one for free at one of our locations (please show the laboratory application form).</li> <li>- An Atalmedial laboratory application form.</li> </ul>
	<h2>Where and when</h2>
	<p>You have to make an appointment in advance; contact the customer contact center of Atalmedial at T. 088 0037 735; Mon-Fri 08.00-17.00h. You cannot make an appointment online! We request that you change/cancel the appointment by telephone if it cannot continue. Deliver the cup, with the application form and the information form at the laboratory on the agreed day/time at the location mentioned below:</p> <p><u>Regio Kennemerland</u> Atalmedial, Spaarne Gasthuis, locatie Haarlem Zuid The fertility laboratory is located on the 1st floor of the lab building, which is accessible via the outpatient departments (follow the signs 'laboratorium &amp; fertiliteitslaboratorium'). Visitors address: Boerhaavelaan 22 RC Haarlem. Mo-Fri on the agreed day/time.</p> <p><u>Regio Amsterdam</u> Atalmedial Visitors address: Jan Tooropstraat 138 Amsterdam. Tue-Fri on the agreed day/time.</p>

	<p><u>Regio Leiden</u> Atalmedial, Alrijne Ziekenhuis, locatie Leiderdorp. The fertility laboratory is located on the 1st floor (route 130, last door on the left side). You can go there (just knock), do not take place in the waiting room. Visitors address: Simon Smitweg 1, Leiderdorp. Mo-Fri on the agreed day/time.</p> <p><u>Regio Amstelland</u> Atalmedial, Ziekenhuis Amstelland, locatie Amstelveen. The laboratory is located on the ground floor. Visitors address: Laan van de Helende Meesters 8, 1186 AM Amstelveen The examinations are conducted on Tuesday and Thursday mornings on the agreed time.</p> <p><b>NB</b> No sperm tests are carried out in the laboratory from December 25 until January 1.</p>
	<h2>Preparation</h2>
	<ul style="list-style-type: none"> <li>- The sperm must be obtained by masturbation.</li> <li>- It is recommended not to have had an ejaculation for two or three days prior to the examination.</li> <li>- Before masturbation you need to wash the penis with water only, because soap has a negative influence on the quality of the sperm.</li> <li>- Before masturbation, you must urinate completely.</li> <li>- Do not use a condom because it contains sperm killing substances.</li> <li>- It is important that you collect all the sperm in the cup and in case of spilling some drops, you are requested to mention this on this form (in the questionnaire). State also whether these are the first or the last drops of the sperm.</li> <li>- Please identify the specimen container with your name and date of birth.</li> <li>- The sperm has to be delivered, together with the application form and this flyer within 45 minutes after ejaculation on the agreed day/time. In order to prevent the sperm from cooling down too much, you can transport the cup in your trouser pocket or inside the pocket of your coat.</li> </ul> <p>Please fill in the questionnaire on the back.</p>
	<h2>Diet</h2>
	<p>Not applicable.</p>
	<h2>Results</h2>
	<p>The laboratory sends the results to your physician. Your physician will discuss</p>

	the results with you.
	<b>What do I take with me?</b>
	<p>Your GP has provided you with a laboratory application form. Remember to bring this form with you. We cannot help you without a fully and correctly completed application form.</p> <p>When using our services, you are legally required to show your valid health card or insurance card and ID with a valid passport, drivers license or identity card. Please check if your insurance information and personal data are correctly filled in. Any inaccuracies can be mentioned to the Atalmedial employee.</p> <p>In addition to the application form, you also provide the following in:</p> <ul style="list-style-type: none"> <li>- The sterile cup with sperm; bear your name and date of birth on the cup.</li> <li>- This information folder; don't forget to fill in the questions.</li> </ul>
	<b>More information</b>
	If you still have questions after reading this information, you contact the customer contact center from Atalmedial at T. 088 0037 735; Mon-Fri 08.00-17.00h.
	<i>Occasionally, blood or other tissue of patients is used for other purposes, for example for the calibration of laboratory equipment and as testing samples for further analyzes. The material is anonymised so that the results are no longer traceable to individual patients. You can appeal if you do not want your material to be used for this purpose. Please contact the laboratory personnel or laboratory management</i>

## Questionnaire

**Please answer the following questions:**

Name: \_\_\_\_\_

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Time of sperm production: \_\_\_\_\_ o'clock

Abstinence period: \_\_\_\_\_ days

Name partner: \_\_\_\_\_

Date of birth partner: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Was there a part loss during production:

Yes / No

If yes:

loss of first drops

loss of last part

Has the sperm been transported at the right temperature (between 20 and 37°C)?

Yes / No

Did you have had fever during the last 3 months?

Yes / No

Your signature: