

INFORMATION FOR THE COLLECTION OF SEMINAL FLUID SAMPLES FOR FERTILITY ANALYSIS AT YORK HOSPITAL.

All samples for fertility analysis need to be taken directly to York Hospital. There is no laboratory for this test at Scarborough Hospital.

Please note: There are strict specimen acceptance guidelines for seminal fluid fertility analysis. These are to comply with World Health Organisation (WHO) guidelines (WHO 2021), required for UKAS accreditation against ISO standards 15189, and will reduce any uncertainty in the results.

Samples will NOT be processed if the instructions in this sheet are not followed.
Please read carefully before producing your sample.

Booking to deliver a sample or to use the sample production room

An appointment must be made whether you choose to produce your sample at home or use the dedicated room on-site. Please use the website where you will see all available appointment times:
<https://www.yorkhospitals.nhs.uk/andrology/>

Bookings must be made at least 2 days in advance. Appointments are only available Monday to Friday and exclude bank holidays. Please make sure the correct appointment required is booked as we may not be able to accommodate any changes.

Samples will not be processed without an appointment.

All information regarding sample pots, request forms and definitions/terminology can be found on the booking website. FAQs can also be found there.

When attending your appointment, **please wait outside the main entrance of the hospital and ring the laboratory at your appointment time** on 01904 726258 – you will have better phone signal outside and more privacy to talk through your details ahead of being invited in for your appointment/to leave your sample at specimen reception.

Sample delivery

Specimens produced at home must be received in the laboratory **within 45 minutes** at a **pre-booked** delivery time. The sample **MUST** be processed **within one hour** of collection. Arriving to your appointment outside of your time slot runs the risk of your sample being rejected (this includes early arrival).

Sample production room

If you are unable to deliver the sample from home within 45 minutes, a dedicated sample-production room within the hospital can be **booked in advance (subject to availability)** using the website. The on-site facility must be booked prior to attending your appointment, the facility may not be available for use if the wrong appointment is booked.

References:

WHO laboratory manual for the examination and processing of human semen, Sixth Edition, 2021.

Sample requirements:

- Samples **MUST** be accompanied by a **completed request form** from **your** clinician/GP. Please ensure the **requesting clinician/GP practice details** – name and location - are written clearly. Occasionally, the request may originate from a partners' gynaecologist/hospital consultant; otherwise the request must come from your own doctor.
- Samples **MUST** be produced into the **toxicity-tested specimen pot** provided (as below). Please avoid storing the pot against any heat sources which may cause the plastic to become toxic to sperm. **Samples in the wrong pot will be rejected.**



- You **MUST abstain** from ejaculation for a **minimum of 48 hours** and **maximum of 7 days** prior to producing the sample. If the abstinence period is outside this time, **the sample will be rejected.**
- **You must NOT use a condom, coitus interruptus or lubricants** for specimen collection as *any* contamination will be toxic to sperm. The sample must be collected by masturbation directly into the pot only.
- Ensuring good personal hygiene, the **whole sample** must be produced by masturbation directly into the container provided. Laboratory staff will ask you to confirm completeness. Since the first part of the specimen is sperm-rich, **incomplete samples will provide unreliable results and therefore cannot be processed.**
- You **MUST keep the sample warm at body temperature**, e.g. by keeping it in a pocket close to your body. You will be asked to confirm this. (This does not include room booking patients).
- **Please write the time and date of collection on the request form.**
- Ensure your details are fully completed on both the request form and the specimen pot. Required information is your **forename, surname and date of birth**. The form should also state your **address** and **NHS number** (where possible).
- **Please note:** you will be asked if you consent to any remaining specimen to be used for training & quality purposes. This is anonymised and is to train new staff and to follow ISO standards.

References:

WHO laboratory manual for the examination and processing of human semen, Sixth Edition, 2021.

Directions

For directions to the hospital, please use York Hospital or YO31 8HE in a satellite navigation system/phone maps.

The multi-storey carpark has up to 15 minutes free parking. In addition, there are four “Drop off” points at the front of the hospital which are free for 20 minutes, if available. Information on carparking can be found on the hospital website: [York and Scarborough Teaching Hospitals NHS Foundation Trust - Getting here \(yorkhospitals.nhs.uk\)](https://www.yorkhospitals.nhs.uk)

If you experience traffic problems or parking difficulties when dropping off a sample, please ring the lab on 01904 726258, we can advise or rearrange your appointment if required.

Disabled parking spaces are available immediately outside the main entrance. These are for disabled badge holders only. Parking within the multi-storey is free of charge to those with a disabled parking badge.

Contacting the laboratory

If you have difficulty booking online, please ring the lab on 01904 726258. Please be aware, this is the direct line to the laboratory, we may not be able to deal with telephone queries during busy periods as we do not have administrative staff manning the phonenumber.

The phone is manned 08:30 – 17:00, Monday-Friday excluding bank holidays.

References:

WHO laboratory manual for the examination and processing of human semen, Sixth Edition, 2021.