

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 in order 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: www.york.nhs.uk/andrology where you will see all available appointment times. If you have difficulty booking online, please ring the lab on 01904 726258 (The phone is manned 8.30am – 5pm, Monday-Friday excluding bank holidays. Please be aware, this is the direct line to the laboratory, we may not be able to deal with telephone queries during busy periods). Bookings must be made at least 2 days in advance. Appointments are only available Monday to Friday and exclude bank holidays.

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.

Current COVID-19 related procedures

For current COVID-19 guidance, please read the up-to-date information on the booking website.

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** using the website. The on-site facility must be booked prior to attending your appointment.

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 if you have been assessed as a couple at the hospital; otherwise the request must come from your own doctor.
- Samples **MUST** be produced into the **toxicity-tested specimen pot** provided (labelled as below). Please avoid storing the pot against radiators 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 period, 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

Directions to York Hospital (YO31 8HE) can be found on the hospital website: [York and Scarborough Teaching Hospitals NHS Foundation Trust - Getting here \(yorkhospitals.nhs.uk\)](http://yorkhospitals.nhs.uk)

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.

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.

Please ring the laboratory from outside of the hospital at your appointment time.

References:

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