

Pacific Reproductive Services

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DONOR PREPARATION FOR SEMEN COLLECTION

The following is information that will help you prepare for and make a sperm deposit at Pacific Reproductive Services. Please don't hesitate to call and ask for the Clinician or Lab Tech if you have any questions.

- 1) All donations for semen analysis or semen freezing must be by appointment.
 - a. A three - day abstinence from ejaculation is required prior to your first deposit.
 - b. Please masturbate and ejaculate three days prior to your appointment.
 - c. Then, please abstain from any sexual activity until your appointment.
- 2) Do not donate if:
 - a. You have a cold, flu, or other viral illness.
 - b. You have a sore on your penis.
 - c. You have discharge from your penis.
 - d. You have symptoms of, or have come into contact with a sexually transmitted disease.
- 3) Please wash your hands thoroughly with soap and water before donating.
- 4) Open the sterile, plastic cup before beginning, so it will be easily accessible when ejaculation occurs. If the seal on the cup is already broken, please ask for another cup.
- 5) Try to collect the entire ejaculate in the cup. If any spills occur, be sure to tell one of the lab staff.
- 6) Do not collect more than one ejaculate, as that will dilute the specimen.
- 7) Please take your specimen to the lab after it has been collected.

RESULTS

One or two days after you make your initial deposit, our laboratory technician will thaw a small fraction of the frozen sample and examine it to determine the number of motile sperm and quality of motility. We will then contact you within one to three working days about the results.

If the results of the semen analysis show borderline or inadequate sperm count or motility, a repeat semen analysis is sometimes performed. In cases of extremely low sperm count and motility, a repeat examination is not done.

Some factors that can adversely affect the sperm count and quality of motility include: daily or almost daily hot baths or hot tubs, regular or frequent marijuana smoking, stress, and viral illness. We suggest avoiding those factors that you can.

Additionally, the presence of small cluster of veins in the upper part of the testes, called a varicocele can also cause a low sperm count and poor sperm motility. These are quite common, and do pose a problem with fertility potential. This condition is diagnosed by a medical examination.

In cases where results of the post-thaw exam show low sperm count and/or motility, we will not be able to determine the cause simply by examining the semen. However, we will be glad to refer you to a specialist if you wish to investigate the cause of such a result.