

**Patient Information – Single Semen Examination**

Welcome to **Mottagning ANOVA** at Norra Stationsgatan 69, 4tr, in Stockholm (se map next page). You have been referred to a single semen examination. You must make your own appointment in either of two ways:

- Book on the **web**: 1177.se (in Swedish), Click "Hitta Vård", write ANOVA for "VILKEN MOTTAGNING DU SÖKER" and chose "**Mottagning ANOVA, Karolinska Universitetssjukhuset**" and log in with e.g. Mobile BankID (more information in Swedish at [www.anova.se](http://www.anova.se), click on "Laboratorium" in the upper menu). In 1177.se chose "**Spermprov utan läkarbesök**" to book an appointment.
- You can also call our answering machine ☎ **08-5177 3200** and chose alternative 2 and we will call back as soon as possible.

**Fee:** 100 kr. Högkostnadsskydd is valid – bring your Frikort. Only payment by card or invoice is possible. Bring your ID and the referral from your doctor if you have it. If you fail to appear at an appointment or cancel less than 24 hours in advance the fee is 400 kr according to present patient fees by Region Stockholm. Högkostnadsskydd is not applicable for failure to appear or late cancelling.

**Before you visit:** For an adequate assessment of the semen sample you should abstain from ejaculation for 2–4 days (at least 2 days and at most 4 days of abstention). Best results are obtained if the sample (ejaculate) is collected by masturbation in a room at the laboratory. Any use of lubricants should be avoided since that could give erroneous results.

**Please, prepare so that the questionnaire below can be handed in together with the sample**

Normally parts of the ejaculate are saved with information of patient care data, for you care, laboratory method development, training of staff, and quality, development and research purposes. No part of the sample will be used for infertility treatment of other couples. *According to the Swedish Law on Biobanks we ask you to certify that you have been given this information:*

I have been informed that parts of the sample can be saved  (signature)

**Information about sample collection:**

Personald ID number

First name

Last name

Height (cm)

Date for most recent ejaculation before today

202

-

-

Weight (kg)

Today's sample collected at

:

Collection by: Masturbation

Other:

Complete collection? Yes

No: missed in beginning:

missed in middle

missed at the end

Infektions, dental problems, high fever, vaccinations, surgery, pharmaceutical or naturopathic preparations the last 6 months.

ID checked:

(Signed by laboratory staff member)

**Andrological Investigation**

The purpose is to identify men with semen abnormalities and offer a full andrological investigation. For men with acceptable results continued attempts for spontaneous pregnancy or by Assisted Reproductive Technologies (IVF) is recommended.

**Results from semen examination** provides information about sperm production in the testicles and the transport to the urethra. The investigation also tells about sperm ability to move. In an ejaculate, spermatozoa constitute less than one percent of the total ejaculate volume. The main part of the ejaculate mainly origin from the seminal vesicles (2/3) and the prostate (1/3). Analysis of the seminal fluid gives information about the functional capacity of the prostate and the seminal vesicle. Spermatozoa found in an ejaculate started to form almost 3 months before and have for some days been stored in the epididymides. Infections with sever inflammatory reaction (e.g. influensa and dental infections) the last 3-6 months can influence the spermatozoa examined.

**Miss at collection of specimen**

It is essential that the whole ejaculate is collected. If any part of the ejaculate is not collected you must tell that when the specimen

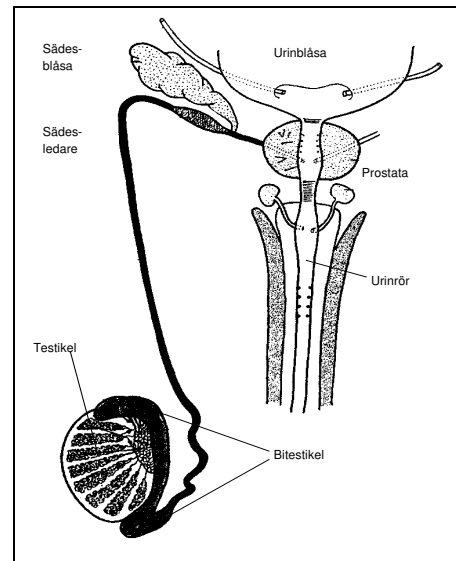
is delivered to the laboratory. The last droplets often remain at the opening of the urethra and this not necessary to report.

**We ask for body size: height and weight**

Body composition is important for hormonal balance and can therefore influence the results of semen examination.

**RESULTS**

Results of the semen examination will be sent to you doctor.



**ANOVA at Norra Stationsgatan 69**

You will reach us by:

**Pendeltåg**

- Station *Stockholm Odenplan* – exit Vanadisvägen / Dalagatan

**Bus 3, 6, 77, 507**

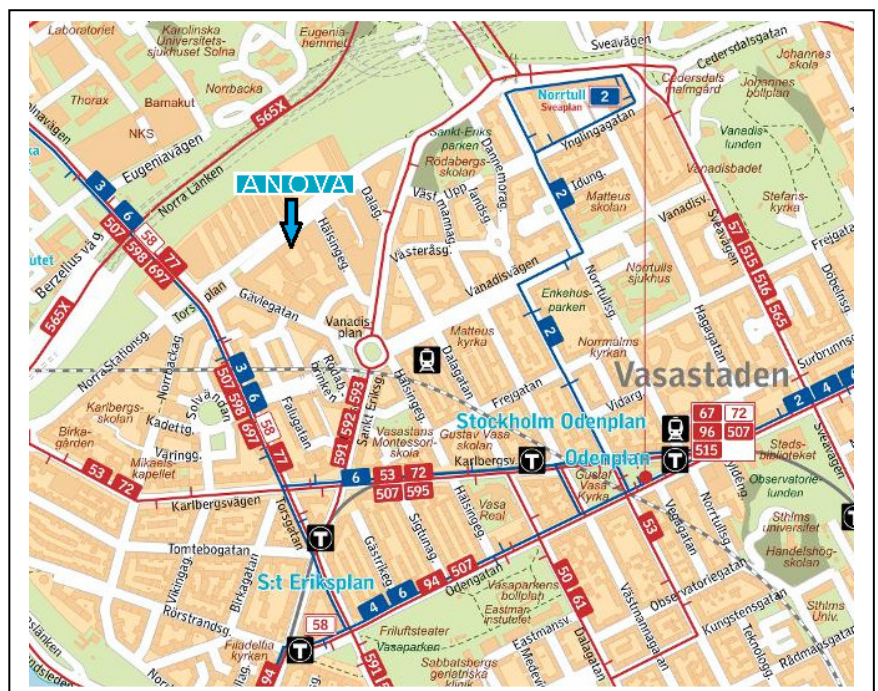
- Stop *Torsplan*

**Tunnelbana**

- *St:Eriksplan* or *Odenplan*

**Parking**

- Karolinska University Hospital in Solna (fee) – ca 15 minutes walk from ANOVA
- General, subject to fee, parking garage under Torsplan, entrance from Norra Stationsgatan



Dok nr-utgåva:	31484-1	Utfärdad av:	Lars Björndahl	Sida	2 av 2
Gäller från:	2020-09-15	Godkänd av:	Lars Björndahl		