**Guide for patients**

**SEMEN ANALYSIS**

This form details the steps to take in organising a semen analysis appointment and prepare for it.

**Step 1** Please visit [**https://MaleCare.as.me/**](https://MaleCare.as.me/) and book an appointment date. Fill in the details and pay for the test on line.

**Step 2** Procure a sterile screw top container available from any pharmacy and record your full name and date of birth on it. **Please abstain from ejaculation for 3-5 day before** **your appointment.**

**Step 3** On the day of appointment please produce the sample at home by masturbation. It is recommended you wash your hands and the genital area beforehand as it reduces the likelihood of bacteria and other contaminants occurring in the sample. The use of lubricants (saliva/gels) is not recommended as these re toxic to sperm. Ensure all the ejaculate is deposited in the pot as otherwise the result is affected. The pot lid must be tightly closed to avoid spillage.

**Step 4** Keep the container in pocket close to body to ensure constant heat (trouser or shirt breast pocket). Within 60 minutes bring the sample to **Room 3** (Second floor), 64 Eccles Street, Dublin 7, opposite the Mater Private Hospital.

Parking is available in front of the premises, on the street and also in the Mater Private Hospital Carpark which is across the street.

Please ring the **Room 3** bell for attention and the Scientific Director will meet you, verify your identity and sign a consent with you. This is a ***drop and go*** service.

**Step 5** The result of your test will be forwarded to the referring doctor and also to you (email).

I will discuss the findings at the time of your visit with me.