



Ospedale
di Cremona

Sistema Socio Sanitario



Regione
Lombardia

ASST Cremona

SPERMIOGRAM

COLLECTION METHOD

Booking procedure: the test may only be performed by appointment Monday - Wednesday - Thursday.

Before semen collection, sexual abstinence (ejaculation or intercourse) for a minimum of 2 and a maximum of 7 days is required. Shorter or longer periods of abstinence cause changes in semen volume and spermatozoon motility, resulting in an unreliable test. Furthermore, if multiple samples are to be collected, the number of days of abstinence should be as constant as possible.

Sample collection must be done in the morning.

Required materials:

- Special container available free of charge at the chosen Sample Collection Centre.

SAMPLE collection:

- After urinating, thoroughly wash the external genitalia;
- Collect the semen by masturbation directly into the container provided. **Collect all the semen**. If any of the ejaculated semen is lost, record it on the appropriate sheet.

N.B.: Do not collect semen using a condom, as the spermicidal substances therein could alter spermatozoon morphology.

Storage:

- It is advisable to collect the sample in the room adjacent to the Collection Centre to avoid temperature fluctuations and control delivery times.
- If collection is necessary elsewhere, it is recommended to bring the sample to the laboratory at once, taking care to transport it at a temperature of at least 20°C and no more than 37°C.
- During transport, try to keep the material away from the cold (for example, in an internal pocket in contact with the body).
- Deliver the material to the Cremona Sample Collection Centre between 8:00 and 10:00 on Mondays, Wednesdays and Fridays (for patients attending Cremona Hospital) or to the Oglio Po Sample Collection Centre (for patients attending Vicomosciano) during opening hours, within 30 minutes of collection: longer storage times may in fact alter the test results.
- The material must be accompanied by a duly filled in questionnaire, available at the chosen Sample Collection Centre.

N.B.: IF THE TEST IS REQUESTED TO EVALUATE THE FERTILITY INDEX, IT IS ADVISABLE TO PERFORM IT AT THE SPECIALIST REFERENCE CENTRES.