

Dear Mr.

You have chosen to have a investigation of your fertility.

Various factors in women and men can cause infertility. Many causes of infertility can be corrected.

**A semen analysis should be performed early in the investigation of infertility.**

**The semen analysis:**

A semen analysis (spermiogram) evaluates the normality of semen cells and helps to choose the most successful treatment.

If the spermiogram is not normal it is generally recommended to do at least two spermiograms with an interval of about 2 months.

**For a spermiogram appointment please contact Mr. P. Juan Pico PhD directly (8 am – 4.30 pm) on 061 274 16 64.**

A semen sample can be delivered from Monday – Friday between 8 am – 11 am after making an appointment (appointments outside of these times are sometimes possible by special arrangement). There is either the possibility to produce the semen in a special room near our lab or to bring it directly from home. In this case the time between the production and the delivery should **not be longer than an hour** and the semen should be kept near body temperature in our special container. In no case heat it over 37°C !

Please only use our special container. **Avoid ejaculations 2 – 4 days before** the semen analysis but not longer.

If interested you may have a look into the microscope.

After 2 days you can call for the result in the laboratory (061 274 16 64) or your doctor.

A full report will be sent to your doctor.

The report contains:

**Number, motility and percentage of normally formed semen cells (according to the most recent WHO guidelines = World Health Organization) and mostly a treatment recommendation.**

The larger the quantity of rapidly motile and normal formed semen cells the higher the possibility to get pregnant. A 100% normal result is rarely seen though there is no pregnancy guaranteed with a good semen quality.

On the other hand a pregnancy can be achieved also with reduced semen cells and without treatment.

After evaluation of the results of the female and the male you may discuss them either with your doctor and/or with us to get the most promising treatment.

We offer also:

- Intrauterine Insemination (IUI) with washed semen from the partner
- In Vitro Fertilisation (IVF)
- Intra Cytoplasmic Sperm Injection (ICSI) (more severe semen deficiency)

For some couples insemination with donor sperm (AID) is also an option.

We also work closely together with urologists/andrologists.



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