



## POST-VASECTOMY SEMEN ANALYSIS (SPERM COUNTS)

Information about your sperm counts from  
The British Association of Urological Surgeons (BAUS)

You have been given this leaflet because you need to submit sperm counts after a vasectomy. The aim of the leaflet is to provide you with detailed information about the condition.

We have consulted specialist surgeons during its preparation, so it represents best practice in UK urology. You should use it in addition to any advice already given to you.

To view this leaflet online, scan the QR code (right) or type the short URL below it into your web browser.



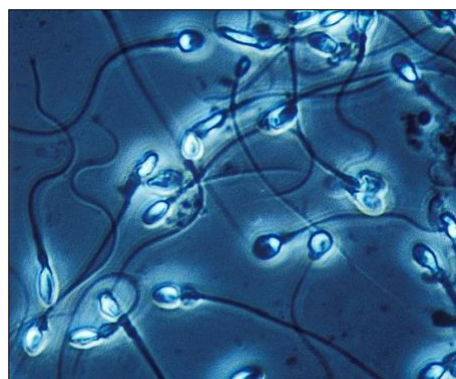
<http://rb.gy/qb9xe>

### How should the specimen be produced?

You should produce the semen specimen after at least three days (and no more than seven days) abstinence from all sexual activity (masturbation or intercourse).

You should produce sample should by masturbation (by hand) into the plastic container provided. Do not use a condom to collect the sample, and do not use lubricants as they may affect the sample quality.

You must collect the whole sample. If you think your sample is incomplete, you should inform the laboratory when you deliver it.



The specimen should be produced at least 12 weeks after your vasectomy, and after a minimum of 20 ejaculations.

### What should I do once I have produced the specimen?

Fill in the date and time of production, and the number of days since your last ejaculation on the request form. This is essential for accurate assessment.

Check that the container is clearly marked with your name and date of

birth.

**Please note:** If the details on either the form or container are not complete, the laboratory will not accept the sample. You may then need to provide a further sample for the laboratory later.

### **Where do I take the specimens?**

Your local hospital will tell you where the Cytology Laboratory is for you to take your sample. Most laboratories only accept specimens during normal working hours and some operate an appointment system for dropping of samples. You will be told if there is a number you need to call in advance to book a time slot. Specimens received outside normal working hours or at the weekend cannot be processed and will be discarded.

It is best if you bring the specimen yourself. Hand your sample in at the reception desk along with the completed form and check both are correctly labelled before leaving.

### **How soon do the specimens need to be delivered?**

The specimen **must** be brought to the hospital within one hour of production. During the journey, it should be kept warm (at body temperature) in an inside pocket. Excessive heating or chilling will affect the quality of the sample and give inaccurate results.

If you are unable to get the sample to the laboratory within one hour, enquire about producing the sample on site at the laboratory.

Only use the container provided.

### **How will I know the results?**

The results will normally go back to the clinic or doctor that ordered the test. You may need to arrange an appointment to discuss your results with the doctor you saw originally.

Some laboratories may send you a letter informing you of your results directly.

## **IMPORTANT**

You **must** continue to use alternative methods of contraception until the results of your sperm counts are available and you have been informed that your vasectomy has been successful

## When can I stop my contraceptive precautions?

After your first semen sample has been examined, the following situations may apply:

- **the first count shows motile (active) sperms**  
the presence of any motile sperms this means that your vasectomy has not been successful. You must continue to use alternative contraception, and you will need to see your GP or local urologist for further advice;
- **the first count shown no sperms**  
you are sterile and, once you have received confirmation of this from your GP or urologist, you may stop your contraceptive precautions; or
- **the first count shows some non-motile (inactive) sperms**  
if there are fewer than 100,000 non-motile sperms per ml, you will be asked to perform a second semen analysis after a further series of ejaculations. You should deliver this specimen to the laboratory with **one hour** of production. If there are fewer than 100,000 per ml non-motile sperms in the second specimen, you will be given a “special clearance”. This means it is extremely unlikely that you can produce a pregnancy. Once you have received a letter confirming “special clearance”, you may stop your contraceptive precautions.

## What sources were used to prepare this leaflet?

This leaflet uses information from consensus panels and other evidence-based sources including:

- the [Department of Health \(England\)](#);
- the [Cochrane Collaboration](#);
- the [National Institute for Health and Care Excellence \(NICE\)](#);
- the [British Andrology Society](#); and
- the [Association of Biomedical Andrologists](#).

It also follows style guidelines from:

- the [Royal National Institute for Blind People \(RNIB\)](#);
- the [Patient Information Forum](#); and
- the [Plain English Campaign](#).

## DISCLAIMER

Whilst we have made every effort to give accurate information, there may still be errors or omissions in this leaflet. BAUS cannot accept responsibility for any loss from action taken (or not taken) as a result of this information.

**PLEASE NOTE:** the staff at BAUS are not medically trained, and are unable to answer questions about the information provided in this leaflet. If you have any questions, you should contact your Urologist, Specialist Nurse or GP in the first instance.