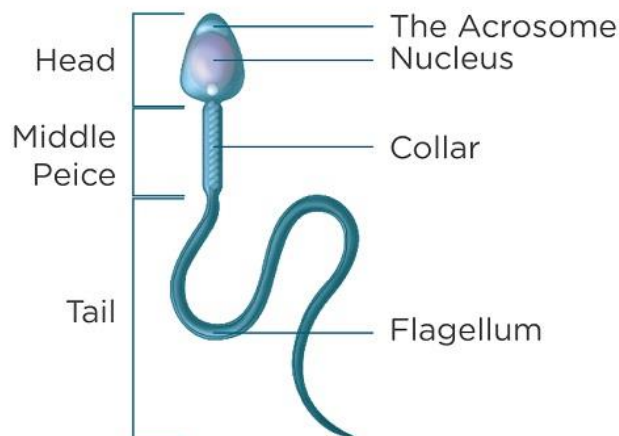


## Semen analysis



This procedure is used to analyse the health and capability of a man's sperm. Semen is a fluid that's released during male ejaculation, and it contains sperm. Some of the factors that determine the health of the sperm are the number, the shape and the movement of the sperm.

A semen analysis is carried out when couples have problems getting pregnant, and it will determine if the man is infertile. It will also determine the causes of the infertility. One of the ways to get a clean semen sample is through masturbation.

## Normal semen analysis results

| Factors            | Normal results                                                                                                 |
|--------------------|----------------------------------------------------------------------------------------------------------------|
| Shape of the sperm | At least 50% of sperm should be normally shaped. More than 50% might mean abnormalities and infertility.       |
| Movement of sperm  | At least 50% of sperm should be moving normally about an hour after ejaculation.                               |
| Sperm count        | If the number of sperm count is low, it isn't normal. An average semen analysis contains up to 20-200 million. |

To get a good sample, avoid ejaculation 24 – 72 hours before the test. Avoiding alcohol and caffeine can also help a little, as well as avoiding hormone medications. There are some factors that can negatively affect the test. These factors include semen coming into contact with spermicide, taking the test while you're ill or stressed and contamination of the sample.

## Fertility treatments - IVF and Ovarian Stimulation

In Vitro fertilisation (IVF) is now a widely used treatment for a lot of causes of subfertility. It is one of the many ways to help couples with fertility problems have children.