



PFE06-BY01a RdGG EN 140316

INSTRUCTIONS FOR SEMEN PRODUCTION for the sperm survival test (*spermaoverlevingstest*, SOT) and IUI, IVF, or ICSI treatments

The following instructions are applicable to the semen production for the SOT, as well as for the IUI, IVF and ICSI treatments.

The sperm survival test (*spermaoverlevingstest*, SOT)

The semen analysis is a detailed evaluation of the semen that gives us information of the sperm quality. Based on that information we then do the SOT, where we test how the sperm will react to necessary laboratory preparation for several forms of artificial insemination such as IUI, IVF and ICSI.

SOT result

The SOT result will indicate if the sperm is suitable for the treatment proposed by the doctor (IUI, IVF or ICSI). In the eventuality of an inconclusive SOT result, the test will be repeated.

Instruction for semen production:

These instructions are valid not only for the SOT but also for the IUI, IVF and ICSI treatments.

- **Where?**

The semen production can take place in a special room in the IVF department. Patients with good semen quality may alternatively produce at home using a sterile cup provided by the IVF laboratory. The semen sample must be transported at body temperature and delivered at the IVF laboratory by the man himself within 45 minutes after ejaculation.

- **How?**

The sperm may be collected through masturbation only; not through interrupted intercourse, oral stimulation or collected in a condom, as these may influence the evaluation of semen parameters. Please pay extra attention to hygiene to avoid contamination of the semen. Collect the semen in a cup provided by the IVF laboratory.

- **Sexual abstinence**

To provide the most informative sample, each semen specimen should be collected after 2-3 days of sexual abstinence. A long period of abstinence is not desirable, as it may give a false negative result.

- **Factors affecting semen quality**

Smoking can have a negative influence on sperm quality. This also applies to excessive consumption of alcohol and certain medication. Subjecting the testes to high temperature for an extended period of time may also have a negative effect on sperm quality. Think twice about wearing tight underwear or spending too much time in saunas, jacuzzis or hot tubs. The negative effect on sperm quality will be overcome 3 months after ceasing such activities.



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- **What if I can't produce a sample?**

It is possible that due to stress one isn't able to ejaculate here at the clinic. In that case, after informing the IVF laboratory staff, you may go collect the specimen at home (using a sterile cup provided by the laboratory) and bring it later (within 45 minutes after ejaculation). In the eventuality that you cannot produce a sample through masturbation, the IVF laboratory staff can provide you with a special condom used for collection of semen through intercourse.

Making an appointment for the SOT

The test will take place after making an appointment with the IVF laboratory.

- Call the gynaecology department (070-3401111) between 8.30 and 16.30
- You can only make this appointment if you did not have fever or were subjected to general anesthesia in the past 3 months. If you use any medication, please note it (name of medication and doses) on the questionnaire provided on the back of the SOT form.
- In case you get fever (it is important that you measure it!) in the days before the SOT, please contact the IVF laboratory about it.
- On the day of the SOT do not forget to bring the SOT form and your ID with you.

Where do you have to go for the SOT?

The IVF laboratory is on the ground floor of the *Diaconessenhuis* in Voorburg:
Fonteynenburghlaan 5, 2275 CX Voorburg.

Once you enter the hospital follow the indications on the boards to "poli gynaecologie". You will find the entrance to the IVF department next to the reception of the gynaecology department. Once you are in the IVF department you will see a board indicating the IVF laboratory door (room 0.34), where you can ring the bell. It can happen that at the moment you ring the bell the laboratory staff is busy handling embryos, oocytes or sperm cells. For security reasons they will first resume their work before opening the door. We therefore ask your patience and comprehension when waiting for the door to be opened.

During your visit to the IVF department we kindly ask you not to use aftershave, eau de toilet or perfume, and avoid smoking odor in your clothes.