Trial Prep

Royal Devon
University Healthcare
NHS Foundation Trust

Submitting your semen for analysis and 'trial preparation'

Fertility Exeter

What is a semen analysis with trial preparation?

Semen analysis is a basic test to check the 'quality' of your sperm. Sometimes, following an analysis, a 'trial preparation' is required. Normally, this involves processing a sample to assess its suitability, before the treatment or before a planned procedure.

How do I get a semen analysis with 'trial preparation' done?

You will have been asked to provide a sperm sample for analysis with 'trial preparation' by a doctor or nurse specialist.

Please call the **Embryology office on 01392 40 5374** between 8.30am-3.30pm, Monday to Friday (excluding bank holidays) to book an appointment. Please inform the person booking your appointment that this is a trial preparation.

You will need to abstain from sexual intercourse or ejaculation of any kind, including masturbation, for at least two days, but no more than three days before you collect your sample. Longer or shorter periods of abstinence may give inaccurate results.

How do I collect and keep the sample?

The sample should be submitted in a labelled specimen pot. Make sure the specimen pot is labelled with a barcode correctly showing your full name, date of birth, NHS number and hospital medical record number (MRN). Remember to legibly print the date and time you produce your sample. Alternatively, you may receive a labelled pot and a request form. This form should be completed legibly with your full name, date of birth, date and time you produce your sample and details of the requesting doctor.

The sample should be collected by masturbation directly into the sample pot. However, if you feel unable to do this please let a doctor, nurse or embryologist at Fertility Exeter know.

Please do not use any form of lubrication, including water, as this can kill the sperm.

The first part of the ejaculate contains most of the sperm, and it is important that this is collected. You should aim to collect as much of the sample as possible. However, if you accidentally miss some, make a note of this by writing "incomplete sample" on the requesting form, or circling 'no', if you have a form with the question "Complete Sample? Yes/No"

The sample should be maintained as close to body temperature as possible. Do not expose to extreme temperatures, such as by leaving it on the dashboard or in the glove compartment of your car.

To submit a sample for trial preparation:

- **Call 01392 40 5115 to arrange**
- **Abstain from ANY form of ejaculation for 2-3 days**
- **Obtain, from your doctor/ clinician, a barcode labelled sample pot or completed yellow request form and a sample pot labelled with your name and date of birth**
- **Collect the whole sample into the pot by masturbation and note the date and time of production**
- **Submit the sample at the agreed time within one hour of production.**

How and where do I submit the sample?

The sample must be delivered to the centre within one hour of production. If this is not possible, you may be able to arrange to do the sample onsite at Fertility Exeter. Please speak to a member of the centre's staff if this is the case. Delays in delivering semen and exposure to various temperatures will lead to an inaccurate assessment of your sperm quality.

Do not send by post or courier.

Appointments for trial preparation are usually available on a Tuesday and Thursday morning between 8.30am -10.30am, and must be pre-arranged with a member of the Embryology team

Deliver the sample in its container and bag at the pre-organised time to: -

Fertility Exeter,
Royal Devon & Exeter Hospital (Heavitree)
Gladstone Road,
Exeter,
EX1 2ED

Please note this is the Heavitree site, behind Waitrose, **not** the Wonford Hospital site. Fertility Exeter is on the ground floor and is well signposted from the main entrance to the hospital.

When and how will I know the results?

Results of the test will be sent to the requesting doctor within two weeks. Results cannot be given to you over the telephone or discussed with your partner in your absence if you have not given prior documented consent.

Will I have to pay for the test?

Please note, if you are referred as a 'private patient', you will be required to pay for the test. You can pick up a copy of the current price list from the reception or, visit the Fertility Exeter website.

Feedback

Here at Fertility Exeter, we care about getting things right for our patients. As such we would welcome any feedback that you may have, to help us continually improve the services we provide. You can do this in a number of ways:

Patient Advice & Liaison Service (PALS)
Royal Devon and Exeter Hospital (Wonford)
Barrack Road
Exeter
EX2 5DW

Direct Dial: (01392) 40 2093

rduh.pals-eastern@nhs.net

You can also provide feedback about Fertility Exeter directly to the HFEA by using their online feedback tool:
https://www.hfea.gov.uk/choose-a-clinic/rate-your-clinic/

"What went well could go better if ....."
Please complete a yellow card, located in our waiting room, and put it in the box provided. The box is sorted weekly and suggestions are acted on accordingly.

Alternatively:

Complete our Patient Surveys on our website **www.fertilityexeter.co.uk**

See our Patient Survey links in our emails.

Royal Devon & Exeter Hospital (Heavitree)
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