

PH

A pH level should be between ≥ 7.2 to achieve a normal result. A pH level higher than 8.0 could indicate the donor has an infection. A result less than 7.2 could indicate the specimen is contaminated or that the man's ejaculatory ducts are blocked.

VOLUME

The volume of semen for a normal result should be greater than 2 milliliters. A low semen volume could indicate a low amount of sperm to fertilize an egg. An excess fluid volume could also mean the amount of sperm present is diluted.

LIQUEFACTION

It should take 15 to 30 minutes before semen liquefies. While semen is initially thick, its ability to liquefy, or turn to a watery consistency, helps sperm to move. If semen does not liquefy in 15 to 30 minutes, fertility could be affected.

SPERM COUNT

The sperm count per ejaculate in a normal semen analysis should be between 39 million to over 200 million. This result is also known as sperm density. If this number is low, conceiving can be more difficult.

APPEARANCE

The appearance should be whitish to gray and opalescent. Semen that has a red-brown tint could indicate the presence of blood, while a yellow tint could indicate jaundice or be a medication side effect.

WHAT DO ABNORMAL RESULTS MEAN?

Abnormal sperm will have trouble reaching and penetrating eggs, making conception difficult. Abnormal results could indicate the following:

- infertility
- infection
- hormonal imbalance
- disease, such as diabetes
- gene defects
- exposure to radiation

If your results come back at abnormal levels, your doctor will probably suggest that you take additional tests. These tests include:

- genetic tests
- hormone testing
- urinalysis after ejaculation
- taking a tissue sample from your testicles
- anti-sperm immune cells testing

OUTLOOK AFTER A SEMEN ANALYSIS

A semen analysis that is the most conclusive requires careful collection and analysis of multiple specimens. The test can provide a variety of information that could help determine factors that affect a man's fertility. If test results are abnormal, the physician may recommend that the patient see a fertility specialist.



DEAR DOCTOR

LABORATORY INFORMATION

Mayfield Medical Centre, Belleville
Manor Lodge, Warrens
Sandy Crest Medical Centre
Maxwell Main Rd., Top Rock

Tel: (246) 436-3472 | Email: info@brllimited.com
website: www.brllimited.com

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An Improved Examination &
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Semen analysis, also known as a sperm count test, analyzes the health and viability of a semen sample. Semen is the fluid containing sperm (plus other sugar and protein substances) that's released during ejaculation. A semen analysis measures three major factors of sperm health:

- the number of sperm
- the shape of the sperm
- the movement of the sperm, also known as "sperm motility"

Doctors will often conduct two or three separate semen analyses to get a good idea of the sperm's health. According to the American Association for Clinical Chemistry (AACC), the tests should be conducted at least seven days apart and over the course of two to three months.

TEST FOR MALE INFERTILITY

Barbados Reference Laboratory is proud to announce the implementation of a new world class technology for conducting semen analysis. The analyzer being used combines state of the art technology with advanced features designed to improve accuracy, reduce turnaround time, and increase the number of relevant clinical results delivered to our clients.

The instrument can process fresh, frozen, washed, and post vasectomy samples with greater objectivity than alternative manual methods. We look forward to showcasing our improved turnaround time, expanded reporting, and increased accuracy as a showcase of our commitment to patient care.

Accuracy, Objectivity, Precision, and Speed will all be improved moving forward and it is an honor to share this great news!

A semen analysis is often recommended when couples are having problems fertility. The test will help a doctor determine if a man is infertile. The analysis will also help determine if low sperm count or sperm dysfunction is the primary cause of the infertility.

TEST FOR VASECTOMY SUCCESS

Men who have had a vasectomy undergo semen analysis to make sure no sperm are in their semen. (AZOOSPERMIA). After a vasectomy, doctors often recommend that men take a sperm analysis once a month for three months to ensure that sperms are longer present in their semen.

HOW TO PREPARE FOR SEMEN ANALYSIS

To collect the best sample for analysis please advise the patient to:

- Avoid ejaculation for 24 to 72 hours before the test.
- Avoid alcohol, caffeine, and drugs such as cocaine and marijuana two to five days before the test.
- Avoid any hormone medications as instructed by your healthcare provider.

Discuss any medications you're taking with your doctor.

There are three main ways to collect a semen sample:

- masturbation
- sex with a condom
- sex with withdrawal before ejaculation

Masturbation is considered the preferred way to get a clean sample and a sample adequate for analysis.

STABILITY OF SEMEN SAMPLE

There are two main factors which are crucial to having a good testing sample. First, the semen must be kept at body temperature. If it gets too warm or too cold, the results will be inaccurate. Second, the semen must be delivered to the testing facility within 30 to 60 minutes of leaving the body.

TEST INTERFERENCE

If semen analysis results aren't within normal limits and handling of the specimen isn't a factor, the physician may also consider whether the patient is taking the following substances, which can affect your sperm count:

- alcohol
- caffeine
- prescription drug use of medicines known to reduce sperm count, such as cimetidine
- recreational drug use
- tobacco

WHAT ARE NORMAL RESULTS?

When semen analysis test results are reviewed by the physician there are many factors to consider. An analysis after vasectomy looks for the presence of sperms, but the analysis to look for fertility issues is much more in depth. The physician should take each of the following results into account:

SPERM SHAPE

A normal result for sperm shape is that more than 50 percent of sperm are normally shaped. If a man has greater than 50 percent of sperm that are abnormally shaped, this reduces his fertility. A laboratory may identify abnormalities in the sperm's head, midsection, or tail. It is also possible the sperm could be immature and therefore not able to effectively fertilize an egg.

MOVEMENT

For a normal result, more than 50 percent of sperm must move normally within an hour after ejaculation. Sperm movement, or motility, is important to fertility because sperm must travel to fertilize an egg. An automated system analyzes the sperm for movement and rates them on a scale of ≥ 40 . A score of 0 means the sperm are not moving, and a score of > 40 represents good movement.