

## 1. Purpose

These instructions should be given to patients wishing to have diagnostic semen analysis – spermogram, investigation for retrograde ejaculation, postcoital test – or a semen culture.

## 2. Responsibilities

Secretaries, laboratory doctors or laboratory technicians have to inform and guide the patient solely to the laboratory of Bordeaux-Raba Léon according to the analysis he or she has to do. However, the semen culture can be made in the laboratory of your choice.

## 3. Proceedings

If the patient wants to make a semen analysis, a postcoital test or investigate for retrograde ejaculation, he or she has to contact solely the laboratory of Bordeaux Raba Léon. Only the semen culture can be made in the laboratory of your choice.

### **For a semen analysis (spermogram) :**

- An appointment is mandatory for sample collection : The sample can only be collected in the laboratory of Bordeaux-Raba Léon between 8 am to 2 pm from Monday to Friday and from 8 am to 11 am on Saturday,
- The report will be given within seven days,
- The sample should be collected after a minimum of 2 days and a maximum of 7 days of sexual abstinence (ideally 3 days),
- The patient will have to drink 1,5L of water the day before the appointment,
- Proof of ID will be required on the day of the appointment

**Note:** the semen collection is used to assess the quality of the semen. The sample should be collected in the right conditions to allow the correct interpretation of the test.

### **For a semen culture alone :**

- The sample may be collected in the laboratory of your choice,
- The report will be given within seven days,
- The sample should be collected after a minimum of 2 days and a maximum of 7 days of sexual abstinence (ideally 3 days),
- The patient will have to drink 1,5L of water the day before the collection
- The patient must not be undergoing an antibiotic treatment.

**Note:** the semen culture is a microbiological semen analysis used to detect an infection.

**For a postcoital test (also called Huhner test):**

- An appointment is mandatory for sample collection : The sample can only be collected in the laboratory of Bordeaux-Raba Léon between 8 am to 2 pm from Monday to Friday and from 8 am to 11 am on Saturday,
- The postcoital test should be performed as close as possible, but before, the time of ovulation (ideally the 12<sup>th</sup> day of a menstrual cycle of 28 days),
- The report will be given within two days,
- The test should be performed between 6 and 12 hours after a coitus with ejaculation. The man should have a minimum of 2 days and a maximum of 7 days of sexual abstinence (ideally 3 days) before the coitus,
- The woman should not wash her private parts after intercourse nor take a hot bath,
- Do not use any vaginal lubricants during intercourse.

**Note:** the aim of postcoital test is to assess qualities of cervical mucus and to determine the number of active spermatozoa in the cervical mucus a few hours after coitus.

If you have any questions, please call Dr **VALERIE SERVANT** (laboratory doctor)  
at this number: **05 56 98 99 23**.

**Laboratoire SYNLAB – BORDEAUX ATLANTIQUE**  
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