



Overlake Reproductive Health, Inc., P.S.

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SEMEN ANALYSIS Understanding the Results and Scheduling Your Next Steps

Congratulations on making the choice to come in for a Semen Analysis and having it done at Overlake Reproductive Health. Our expert andrologists know what to look for and have helped thousands of couples build families for over 27 years.

At least 50% of couples with fertility problems have sperm issues, so a careful evaluation of male fertility is vitally important. We understand it's awkward and will do our best to alleviate any stress. That said, we want to clarify your expectations and help you understand what to look for in the results.

Please understand, a less than perfect semen analysis is common and there are many ways to work around any issues to help you have a biologically related baby. **Also, semen quality changes month to month, so a repeat SA may be requested. We prefer you do your collection at our office in one of our designated collection rooms to get the best sample possible.**

Here's a look at the metrics and normal ranges

Metric	Abnormal Range	Normal Range	Units
Volume	< 2	2-8	mL
Viscosity (Thickness)	3-4	0	Grade Scale: 0-4
Concentration (Sperm Count)	< 20	> 20	Million/mL
Motility (Movement)	≤ 39	> 40	%
Forward Progression (Moving Forward)	1-2	3-4	Grade Scale: 1-4
Morphology (Shape)	≤ 14	> 15	% (Method used: Kruger Strict)

Other Factors

The number of days of abstinence (how many days since last ejaculation) should be between 2-5 days. Longer days of abstinence may have higher counts but less motility or lower morphology. Shorter days may have less numbers. We also look at other cells such as round cells, which could indicate a potential infection.

Test results will be sent to your referring physician. For those who do not have a referring physician, the results will be mailed directly to you. If you wish to review your results with an ORH provider, schedule a new patient appointment with your partner.

Be sure to make an appointment to review the results with a doctor to determine your next course of action. At your appointment, don't be afraid to ask questions. Understanding your diagnosis is important to your family building success.

For your next step, we recommend you **schedule a new patient appointment** with your partner, if you have one. During your new patient appointment, we'll have time to address any issues, go into a deeper explanation of your results, and perform an appropriate exam and informational intake on your partner as well. A semen analysis lab test is not the same as becoming a patient at ORH. We look forward to helping you achieve your dream of parenthood.