

Sperm DNA Fragmentation Testing

Patient Information Leaflet

Sperm DNA Fragmentation tests are by appointment only. Please check in at reception on arrival and a member of our laboratory team will meet you. Please arrive 10 minutes before your scheduled appointment time.

What is Sperm DNA Fragmentation Testing?

Sperm DNA fragmentation (DFI) testing goes beyond a standard semen analysis to assess the integrity of the genetic material carried within each sperm. While a semen analysis evaluates sperm count, motility and morphology, it does not examine the DNA inside the sperm cells themselves.

DNA damage within sperm has been associated with reduced fertilisation rates, poor embryo development, recurrent miscarriage, and failed IVF or ICSI cycles. Identifying elevated levels of DNA fragmentation is therefore an important step in understanding male fertility and guiding treatment decisions.

ReproMed offers two tests, both powered by SpermComet® technology. Your sample is collected at our clinic and sent to Examen's accredited laboratory for analysis:

Exact®

Measures total sperm DNA fragmentation, including both single-strand (ssDB) and double-strand (dsDB) breaks. Useful for diagnosing unexplained male infertility and assessing lifestyle and medical impacts on sperm health.

Extend®

Exclusively measures double-strand DNA breaks (dsDB) — the more severe form of DNA damage. Double-strand breaks are harder to repair and are particularly associated with recurrent miscarriage and repeated IVF/ICSI failure. Think of sperm DNA as a ladder: a single-strand break is one side rail breaking, which may be repairable. A double-strand break is both rails breaking at the same point.

Your doctor will advise which test is most appropriate for your situation. For more information on the tests, visit: www.examenlab.com

Before Your Appointment

Abstinence period

Please abstain from ejaculation for 2 to 7 days before your appointment. A consistent abstinence period helps ensure the most accurate and reliable result. If your referring doctor has advised a different abstinence period, please follow their guidance.

Your sample container

You will need a sterile plastic container to collect your sample. You can obtain one from your GP, a pharmacy, or our clinic. Keep the container sealed until you are ready to produce your sample. Only use a sterile container — other materials may be harmful to sperm.

Your container must be clearly labelled with your full name, date of birth, and time of production. Unlabelled samples cannot be processed.

Producing Your Sample

Your sample should be collected by masturbation directly into the sterile container. Please note the following:

- Do not use lubricant, saliva, or regular condoms
- Do not produce your sample by withdrawal during intercourse
- Collect the entire sample — try not to spill any
- If any spillage occurs, please contact us before travelling to the clinic as we may advise you to rebook

If you are unable to produce a sample, please don't worry — just let us know and we will be happy to reschedule your appointment.

Where to Produce Your Sample

You have two options:

At home

Produce your sample at home and bring it to the clinic. Please follow the transport guidelines below.

At our clinic

Private collection rooms are available at our clinics. Please let us know when booking if you would prefer this option — no transport guidelines apply.

Transporting Your Sample (Home Production Only)

If you are producing your sample at home, please follow these guidelines:

- Bring the sample to the clinic as soon as possible after production, this must be within 1 hour of production.
- Keep the sample at room temperature (approximately 20°C–25°C) during transit.
- Keep the sample away from direct sunlight and avoid extremes of heat or cold

Your sample must arrive at the clinic within 1 hour of production. If the 1-hour window is not possible for you, please contact us before travelling and we will advise you.

Your Results

Exact® and Extend® results typically take approximately 2-3 weeks to be reported. Results will be given by your ReproMed treating doctor.

Please note: if you are a referred patient, or booked the test without a doctor request, the results will be sent directly to you to discuss with your referring doctor.

Cost & Cancellation Policy

Exact®: €450

Extend®: €685–€935 (depending on sperm concentration — your exact cost will be confirmed once sperm concentration is determined)

Exact® + Semen Analysis (combined): €605

This is a prepaid appointment. Our cancellation policy is:

- 48 hours or more notice: we will reschedule your appointment at no charge
- Less than 48 hours notice: the appointment fee is non-refundable

To cancel or reschedule, please contact us by phone or email.

Contact Us

Our team is happy to help with any questions before or after your appointment.

Phone: 0818 222 404

Email: info@repromed.ie

Monday – Friday, 8am – 5pm

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