

Semen Analysis

Patient Information Leaflet

Appointments are by appointment only. Please check in at reception on arrival — a member of our laboratory team will meet you.

Please arrive 10 minutes before your scheduled appointment time.

What is Semen Analysis

A semen analysis is the cornerstone of male fertility assessment and an essential first step on your fertility journey. Male factor is a contributing cause in approximately half of all cases of infertility, making this test one of the most clinically important investigations a couple can undertake.

The test evaluates your ejaculate against World Health Organization (WHO) 2020 reference criteria, assessing

- Sperm count — concentration and total number
- Motility — the proportion of sperm swimming progressively
- Morphology — the proportion of normal-shaped sperm
- Semen volume and other parameters

Your report will include your Total Motile Sperm Concentration (TMSC) — the single most clinically relevant measure for fertility treatment planning — alongside reference ranges to help contextualise your result.

Before Your Appointment

Abstinence period

Please abstain from sexual intercourse or masturbation for 2 to 5 days before your appointment.

Under 2 days: accepted but may show lower counts.

Over 5 days: results may be less accurate.

Sample container

You need a sterile plastic container, available from your GP, a pharmacy, or our clinic. Keep it sealed until ready to use.

Label your container 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
- Carry close to the body (e.g. inside pocket) to maintain body temperature
- 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. ReproMed Swords: within 30 minutes. If the 1-hour window is not possible for you, please contact us before travelling and we will advise you.

Your Results

Results are available within 5–7 working days and published to your patient portal with an interpretation sheet.

HSE patients: your results will be sent directly to your referring Fertility Hub for review and discussion at your follow-up appointment.

Note: Reference values are not absolute thresholds for conception. Results reflect this single sample only — values can vary between occasions.

Cost & Cancellation Policy

Standard Semen Analysis: **€155**

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