

# Semen Analysis Information Sheet

This is one of the tests I usually recommend if you have been trying to get pregnant for a while and its not happening. There are a few things to keep in mind when you are preparing for this test:

1. Get it to the lab ASAP or provide your sample on site. If it is not analysed within 3 hours of ejaculation it can really influence the results.
2. Ejaculate regularly in the lead up. I disagree with many pathology and IVF clinics on this. Most labs will tell you not to ejaculate for at least 2 days prior to providing your sample. Unless you have a history of low sperm count or low semen volume, leaving ejaculation this long will impact all important semen analysis parameters. My suggestion is to ejaculate at least 3 times in the week leading up to providing your sample. Refrain from ejaculating for a minimum of 24 hours prior and an absolute maximum of 48 hours prior to providing your sample.
3. Avoid having an analyses done if you have had an infection or temperature in the last 3 months.
4. Avoid alcohol (more than 1 drink 2 or 3 nights per week), smoking cigarettes, and recreational drugs for 3 months prior to analysis.
5. Make sure you are well hydrated and feeling well when you provide your sample.

If you have had a temperature or illness, or taken recreational drugs within 3 months, but feel you would still like to have your test done, keep in mind this could have an influence your result.

Lower Reference Limits for Semen Analysis according to the WHO

Total Volume	>1.5ml
Total Sperm Number per ejaculate	39 million
Sperm Concentration	15 million per ml
Forward Motility	>32%
White blood cells	<1 million per ml
Morphology	>4%

Good to normal values from a holistic perspective

Total Volume	2 to 6ml
Viscosity	Normal
Liquification	20 to 60 min after ejaculation
Sperm concentration	at least 50 million per ml
Motility	total >50%, Progressive - >40%,
Morphology	>15-50%
Anti Sperm antibodies	0->20%
DNA Fragmentation	>30% poor, 25-29% fair, 15-24% good, <15% excellent

**There's** a big difference between what passes for normal according to WHO, and what is optimal fertility. The good news is that sperm is relatively easy to influence, so if your analysis is not optimal the results can often be improved with a few lifestyle tweaks, a few supplements and some acupuncture in under 4 months.