



## Brochure: sperm check after vasectomy

After a vasectomy, a sperm check is needed to determine if the procedure was successful. This leaflet provides information about the sperm check and instructions on how to collect and transport semen samples.

### What is a sperm check after a vasectomy?

During the vasectomy procedure, a small piece of both sperm tubes was removed to block living sperm cells. After the procedure, you are not instantly infertile. After approximately three months and at least 30 ejaculations your semen will be tested to check if the procedure has been successful. The check is performed following the guidelines of the Dutch Association of Urology.

### Video about the sperm check after vasectomy

How is the sperm check done and how to prepare for it? Dr. Nader Naderi is pleased to tell you more about it. Click [here](#) to watch the video (in Dutch).

## Preparations at home

After the procedure, one of our staff will provide you with a sterile plastic container and further instructions on how to collect and hand in your sperm. To have reliable results, it is important that you carefully follow the instructions.

## Ejaculations

- You must have had at least 30 ejaculations.
- You should have an ejaculation between 3 and 7 days before the test, and then refrain from any further sexual activity until you collect the semen sample for the test. Only then will the semen quality be optimal. After this period, you must not engage in any sexual activity until the day of the test.
- The semen sample must be delivered to our laboratory in a sealed envelope within 2 hours of collection. Please pay close attention to the time of your appointment.

## Use of medication or fever

Contact us or our specialist if you used medication or had a fever (higher than 38.5°C) during the last three months. The quality of the sperm cells may be affected causing to have less reliable results from the sperm check. In this case, it is advisable to postpone the sperm check.

## Collection of sperm

On the day of the test, you are to collect sperm in the sterile container you received from us or in the sterile container from the relevant laboratory. This is a certified container made of polypropylene (PP). It is important to keep the container at body temperature level. You can achieve this by holding the container in your hand for a few minutes. Sudden coldness can negatively affect the sperm.

## Instructions for collection of sperm

The sterile container is packed and cleaned for a special purpose. Please make sure to leave the sterile container and its packaging unopened until ready to use. Do not rinse or clean the container prior to collecting your sperm. Follow the instructions for collection of sperm:

- First, wash your penis with water, do not use soap. Dry thoroughly.

- Before ejaculation, make sure the container is at body temperature level.
- Stimulate ejaculation while masturbating (self-stimulation).
- Sperm collected in a condom is not suitable to test as some condoms are coated with spermicides (chemicals that kill sperm).
- Make sure all the semen is collected in the container. If there is a spill, the test must be cancelled and postponed. If this is the case, you do not need to bring your sperm to the laboratory. You need to call and schedule a new appointment. You will receive a new container from us or from the laboratory you made an appointment with.
- Make sure to tightly close the container with the lid. Stick the label with your personal details on the container.
- Fill out the required form.
- Transport the container, within 1.5 hours, in an upright position while keeping it at body temperature level, e.g. by keeping it at the inside of your coat or jacket.
- Don't forget to bring a valid ID to your appointment.

## **What are the costs for a sperm check?**

A sperm check is included in the costs of a vasectomy. You do not need to pay for these additional costs.

If you decide to hand in your sperm sample to a different laboratory than the one we use, you are required to pay the costs charged by that laboratory. The costs of a sperm check range from €50 up to and over €100. The laboratory of your choosing will provide you with the test results.

If the examination cannot take place at Andros and we refer you to another laboratory, the costs will be covered by Andros.

## **Test results**

The results of the semen analysis will be available within 10 working days. You will receive an email notification once the results are ready in your personal file on MijnAndros.