



## Information on practical procedures regarding semen analysis

### Patients referred by general practitioners (GPs) or from other clinics

**To have your semen sample analysed you will need a referral and you should also have a time booked for semen delivery.**

**You have to do the booking of a time for semen delivery yourself using the internet at the address [www.RegH-Saedlab.dk](http://www.RegH-Saedlab.dk), "Tidsbestilling til sædanalyse på Rigshospitalet".**

To achieve a reliable result from the examination please observe the following:

Do not deliver a semen sample if you have had a fever above 38 °C within the last three months.

Make sure that your previous ejaculation was at least 2 days (48 hours) ago, but no longer than 7 days.

The semen sample should be produced in a separate room at the laboratory, unless you have agreed otherwise with the laboratory.

The semen sample should be produced by masturbation.

The semen sample must be collected in the big cup you receive upon arrival at the laboratory. Your CPR-number has to be stated on the label you will receive, and the label has to be attached to the cup.

### **The address at the laboratory is**

Blegdamsvej 58,  
Section 9532, Entrance 95, 2nd floor,  
2100 Copenhagen Ø

**Please, meet up in the laboratory at the scheduled time** and take a seat in the waiting room. We try to avoid any delay, but it may happen.

We suggest you print out the information sheet and fill out as much as possible before your visit to the laboratory.

Alternatively, you will receive the information sheet when you arrive at the laboratory, and can fill out your information at this time.

If you do not meet at the scheduled time we may need to cancel your delivery of the sample, and you will have to book yourself for another appointment.

**When you show up in the laboratory, please bring your social security card (Sygesikringsbevis).**

The result of the test will normally be received by your own GP or the referral clinic 12 days after you have delivered the sample to the laboratory.

Best regards,

The Staff at the Semen Laboratory

## Background information

Name: \_\_\_\_\_

CPR-number: \_\_\_\_\_

1. **Have you previously had this examination done in our laboratory?**

\_\_\_\_\_  
(No or Yes)

2. **Have you had any illnesses during the last months?**

\_\_\_\_\_  
(No or Yes)

3. **Have you had fever? If yes, what was the highest temperature, when and for how long?**

\_\_\_\_\_  
(No or Yes, how high, when and how long)

4. **For patients who have been sterilised, please note the date of the operation:**

\_\_\_\_\_  
(Not relevant or Date, Month and Year)

5. **For patients who have been recanalized/refertilized, please note the date of the operation:**

\_\_\_\_\_  
(Not relevant or Date, Month and Year)

6. **Time for previous ejaculation?**

Date \_\_\_\_\_ hour \_\_\_\_\_

**The following point is not filled in until you have handed in the semen sample at the laboratory**

7. **Time for current ejaculation?**

Date \_\_\_\_\_ hour \_\_\_\_\_

8. **Has any of the sample been wasted during or after ejaculation?**

\_\_\_\_\_  
(No or Yes)