

Male Fertility Self-Test

At-home self-test to determine sperm count as an indicator of male fertility.

Low sperm count and issues around sperm quality are quite common and affect around 1 in 3 couples who are trying to conceive.

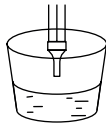
The Male Fertility Test is a measure of a man's sperm concentration, or sperm count. A positive result indicates that sperm concentration is above 15 million/mL in semen, the threshold internationally accepted as normal. A negative result indicates a low sperm count. Having a low sperm count can make it more difficult to conceive naturally, although successful pregnancies can still occur.

Sperm concentration is one of several semen analysis tests. There are other factors that should be considered, including motility. Therefore, it is recommended that you seek medical advice if you get a negative or abnormal result.

1 Collect a semen sample in the cup provided and leave to stand for 1 hour.



2 Draw 0.1 mL of the semen sample using the semen transfer device.



3 Add the sample to the sample dilution buffer.



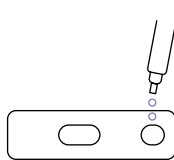
4 Mix well by rotating the vial 5-10 times.



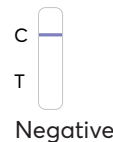
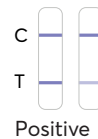
5 Remove the tip of the diluted specimen buffer tube.



6 Transfer 2 drops of diluted specimen into the sample well (S) to test.



Read results at 5 mins.



Next steps guidance

If for any reason the results are considered to be doubtful or inaccurate, the test should be repeated with another test. However, the subject must refrain from ejaculating through any sexual activity for 6 days before carrying out the second test. If the second test is still abnormal, the results should be discussed with a doctor or medical professional.

There are some simple steps to increase the chances of producing healthy sperm, including:

Maintain a healthy weight

Research suggests that a higher body mass index (BMI) is linked with lower sperm count and sperm movement.

Manage stress

Stress can negatively impact sexual function and interfere with the hormones required to produce healthy sperm.

Prevent sexually transmitted infections (STIs)

Sexually transmitted infections – such as chlamydia and gonorrhoea – can cause infertility in men. Limiting the number of sexual partners and always using a condom for sex, or staying in a mutually monogamous relationship with a partner who isn't infected, can help protect against STIs.

Eat a healthy diet

A diet including plenty of fruits and vegetables, which are rich in antioxidants, should help improve sperm health.

Exercise

Moderate physical activity increases levels of powerful antioxidant enzymes, which can help protect sperm.

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