Semen Analysis: Know How to Interpret and When to Refer

A semen analysis provides a basic evaluation of the male partner’s fertility potential. 40-50% of couples presenting with infertility have a male factor affecting their chances of conceiving.

How to Interpret Semen Analysis Results

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<th>Parameter</th>
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| VOLUME      | **Normal ≥ 1.5 to 5 mL**  
A lower semen volume can deliver fewer sperm to the cervix whereas a higher volume can dilute sperm concentration. |
| CONCENTRATION | **Normal ≥ 15 million sperm/mL**  
A low concentration implies natural conception will likely be difficult. Assisted reproduction or a male factor evaluation may be needed. |
| MOTILITY    | **Normal ≥ 40% motile**  
Higher numbers of forwardly progressive motile sperm suggest the sperm will be able to swim through the reproductive tract to reach the egg. |
| MORPHOLOGY  | **Normal ≥ 4% normal forms**  
Abnormal sperm morphology may affect the sperm’s ability to bind with and fertilize an egg. |
| VISCOSITY   | **Normal = Low to Moderate**  
Higher viscosity can hinder the ability for the sperm to travel to reach the egg. |

WHEN TO REFER

- **After 1 year** of unprotected intercourse with a female partner under age 35.
- **After 6 months** of unprotected intercourse with a female partner age 35 and over.
- **If a patient has reason to suspect a sperm issue** such as testicular trauma, erectile dysfunction, or problems ejaculating.
- **If previous semen analyses showed an abnormal result.**

PATIENT NEXT STEPS

- **Schedule a semen analysis. Visit ShadyGroveFertility.com/locations and call the location nearest you for an appointment to provide a sample at the location or bring one from home.**
- **Start early.** If intervention is needed, it generally takes about 6 months before a change in semen health can be achieved.

TREATING INFERTILITY

- **For patients with semen analysis results not favorable to natural conception, lifestyle changes such as smoking cessation and changes in diet can be instrumental in improving sperm health.**
- **Fertility treatment options range from low-tech to highly advanced. Most cases of male factor infertility can be overcome with early diagnosis and treatment.**
Why Choose SGF for Semen Analysis?

40-50% of couples presenting with infertility have male factor

Typical Candidate: Men experiencing infertility after 1 year (female partner < 35 years) or 6 months (female partner > 35 years) of unprotected intercourse or men suspecting a sperm issue due to trauma or other factors.

Convenience: Sample can be collected at home or at any of the full service Shady Grove Fertility locations. Receive results typically in 3-5 business days.

Affordability: Most semen analyses are covered by insurance, and SGF will provide a detailed receipt to submit for reimbursement. Cost without insurance is $150.

Expertise: SGF performs over 20,000 semen analyses every year, and experienced andrologists review each sample. Board certified Reproductive Urologists Paul R. Shin, M.D. and Cori Tanrikut, M.D. bring over 25 years experience in male reproductive health.

LEARN MORE ABOUT SEMEN ANALYSIS TESTING & RESULTS ▶