

## 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

#### VOLUME

##### Normal $\geq 1.5$ to 5 mL

A lower semen volume can deliver fewer sperm to the cervix whereas a higher volume can dilute sperm concentration.

#### CONCENTRATION

##### Normal $\geq 15$ 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 $\geq 40\%$ 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 $\geq 4\%$ 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](https://www.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.



**PAUL R. SHIN, M.D.**  
REPRODUCTIVE UROLOGIST



**CORI TANRIKUT, M.D.**  
REPRODUCTIVE UROLOGIST

## 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 ►](#)

**1.888.348.5599**  
*Refer Your Patients with Confidence*  
**SHADY GROVE FERTILITY**

