

Fertility Outpatient Clinic

Sperm Selection Test (SPES) and Intrauterine Insemination (IUI)

The SPES and IUI take place on:

Date:

Deliver: o'clock

Pick up: o'clock

Report:

Clinical laboratory, Veldhoven location, route 355

Please bring ID (service pass, driver's license, passport or ID card) for yourself and your partner.

Introduction

This leaflet contains information about the sperm selection test (SPES) and intrauterine insemination (IUI).

It explains:

- what a sperm selection test (SPES) is;
- what intrauterine insemination (IUI) is;
- what happens before and during insemination;
- how to prepare for the SPES.

SPES: selecting the highly motile sperm

A semen test will have been performed earlier in the fertility evaluation. Sometimes, an abnormality may be found. Common abnormalities include:

- a low sperm count;
- poor sperm motility;
- a combination of both;
- clumping of the sperm cells.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.

In recent years, techniques have been developed to process the sperm, select the best sperm cells and increase motility. These techniques are applied in our laboratory.

Processing the sperm cells

The semen is centrifuged and has to swim through a certain liquid. The weaker sperm cells cannot make it through the liquid and are not used. An antibiotic is added to the purified sperm cells to reduce the risk of infection when inserted into the uterine cavity. The whole processing procedure takes about an hour.

IUI

During the IUI procedure, the processed semen is inserted directly into the uterus to increase the chance of pregnancy.

Collecting the semen

- At the Biometrics Department, you will receive a jar, a form, and a sticker for the laboratory with the male partner's name. You or your partner must partially complete the form, including whether you have had a fever in the past two months and whether you have produced and collected the semen per the instructions. Affix the sticker with the male partner's name to the jar after filling it.
- To ensure optimal semen quality, refrain from ejaculating for **two** days. Longer abstinence can have adverse effects on the results.
- You must deliver the semen to the laboratory as soon as possible (no later than one hour after production) for the test. It is a good idea to wrap aluminium foil around the jar and to transport the jar under your clothing against your body, such as in a jacket or trouser pocket. This keeps the temperature of the semen stable. If the travel time between your home and the hospital is more than 45 minutes, you should produce the semen at the hospital. A suitable room will be provided for you. You can call the Fertility Outpatient Clinic about this.
- Only use jars provided by the laboratory or Gynaecology Outpatient Clinic. Do not rinse or clean the jars!
- The semen should be collected directly in the jar; do not use a condom. The semen is best obtained manually through masturbation. Other methods are not suitable for the test.
- You need to collect all of the semen for the test. If any part has been lost, you must state this on the form.

The day on which the SPES is performed

This procedure is only possible by appointment. The time of handing in the semen for the SPES and the insemination is agreed upon with the Biometrics Department staff.

They will make an appointment for you with the laboratory at our Veldhoven location. You must deliver the semen jar and the accompanying form to that laboratory on the agreed day and time.

Delivering material to location Veldhoven

Take the main entrance and follow route 355 (clinical laboratory). The clinical laboratory is on the 3rd floor. Please ring the bell, and you will be admitted. The counter for the delivery of materials is on your right. Please report here. The laboratory staff will ask you to sit in the waiting area, where another employee will take the jar and form from you. You can only visit the clinical laboratory at the agreed time.

Please bring proof of identity for yourself and your partner.

If you have an appointment for insemination, you or your partner can collect the processed semen after one hour. Take a seat in the waiting room. The laboratory staff will stop by to check your data, after which you will receive the materials.

Keep the envelope with the plastic tube against your body to keep the semen at the right temperature. Walk to route 14 biometrics at Máxima MC Veldhoven, and take a seat in the waiting room. You and your partner will be called in for treatment as soon as possible. The procedure is normally painless.

Questions

If you have any questions after reading this leaflet, please contact the Fertility Outpatient Clinic:

- Fertility Outpatient Clinic *location Veldhoven* +31 40 888 95 58
(Monday to Friday 08:30–17:00)