
Post-vasectomy sperm counts: frequently-asked questions

How should the specimen be produced?

Produce the specimen at home after at least 3 days of abstinence from sexual activity. The semen should be produced by masturbation (i.e. by hand) into the plastic container provided. You must not use a condom to collect the semen and the entire sample must be collected.

The first specimen should be produced 16 weeks after your vasectomy operation and the second 2-4 weeks after the first (i.e. 18-20 weeks post-operatively).

Always use the specimen containers provided. Do not collect your sample in a glass container because the silica in glass tends to destroy sperms and may give a false-negative result.



What should I do once the specimen has been produced?

1. Fill in the date and time of production and the days since your last ejaculation on the request form. This is essential for accurate assessment.
2. Check that the container is clearly marked with your name and date of birth.

PLEASE NOTE: If the details on either the form or container are not complete, the laboratory will not accept the sample and you may need to bring another one to the laboratory at a later stage.

Where do I take the specimen?

It is best if you bring the specimen yourself to the Cytology Laboratory at Addenbrooke's; this can be found on Level 5 (Histopathology). The laboratory

block is on the left of the main hospital drive, between the Accident & Emergency Department and the Main Entrance.

It is best if you bring the specimen yourself to Hinchingsbrooke Hospital. Please leave your sample at the Specimen Reception desk in the main laboratory block.

When can I stop contraceptive precautions?

Until you receive a letter confirming the "all clear" on your samples, you must continue with your contraceptive precautions.

If there are a few (less than 10,000 per ml) motile sperms present in your samples, it is unlikely that a pregnancy could result but you will be informed by letter of this.

Who can I contact for more help or information?

Oncology Nurses

- Uro-Oncology Nurse Specialist
01223 586748
- Bladder cancer Nurse Practitioner (haematuria, chemotherapy & BCG)
01223 274608
- Prostate cancer Nurse Practitioner
01223 274608

Non-Oncology Nurses

- Urology Nurse Practitioner (incontinence, urodynamics, catheter patients)
01223 274608 or 586748

Patient Advice & Liaison Centre (PALS)

- Telephone
+44 (0)1223 216756 or 257257
+44 (0)1223 274432 or 274431
- PatientLine
*801 (*from patient bedside telephones only*)
- E mail
pals@addenbrookes.nhs.uk
- Mail
PALS, Box No 53
Addenbrooke's Hospital
Hills Road, Cambridge, CB2 2QQ

Chaplaincy and Multi-Faith Community

- Telephone
+44 (0)1223 217769
- E mail
derek.fraser@addenbrookes.nhs.uk

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- Mail
The Chaplaincy, Box No 105
Addenbrooke's Hospital
Hills Road, Cambridge, CB2 2QQ

MINICOM System ("type" system for the hard of hearing)

- Telephone
+44 (0)1223 274604

Access Office (travel, parking & security information)

- Telephone
+44 (0)1223 586969

Other information

This patient information leaflet provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.

How can I get information in alternative formats?

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Portuguese Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Russian Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Cantonese 若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到：patient.information@addenbrookes.nhs.uk

Turkish

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin:
patient.information@addenbrookes.nhs.uk

Bengali

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Addenbrooke's is smoke-free. You cannot smoke anywhere on the site. Smoking increases the severity of some urological diseases and increases the risk of post-operative complications. For advice on quitting, contact your GP or the NHS smoking helpline free on 0800 169 0 169

Document history

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