

sperm concentration rapid test

PLEASE NOTE: this leaflet must be used alongside the Instructions for use.

This self-test kit is designed for adults (aged 18 and over) for the collection of a semen sample, which can be performed at home. This test is not suitable for diagnosis; it is a screener test that gives an indication of sperm concentration in male fertility.

The Sperm Concentration Rapid Test is a measure of a man's sperm concentration. A positive result indicates that sperm concentration is above 15 million/mL in semen, the threshold internationally accepted as normal. 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.

- 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.



18+

Scan for video instructions and results guidance



MATERIALS PROVIDED

- Test cassette
- Collection cup
- Workstation
- Semen transfer device
- Sample dilution buffer
- Product summary leaflet
- Instructions for use

MATERIALS NOT PROVIDED

- Timer

Understanding your sperm concentration rapid test results

Once you have collected your sample and performed your test, you must wait 5 minutes before you read the results. **Do not interpret the result after 10 minutes.**

Symptoms of low sperm concentration include:

- Difficulty conceiving
- Low libido or erectile dysfunction
- Testicular pain, swelling or lumps
- Loss of body or facial hair

Read results at 5 mins.

| | | |
|--------------------------------|---|--|
| <p>C T</p> <p>Normal</p> | <p>A result showing as normal</p> <p>If your test result shows two coloured lines in both the control (C) and test (T) regions, it means the sperm concentration in your semen sample has exceeded the threshold to give a positive result. The threshold for this result is a concentration of sperm of more than or equal to 15 million/mL of semen. The intensity of the line in the test (T) region can vary depending on the concentration, so any visible line should be considered positive. A normal result indicates that you have a normal concentration of sperm in your semen.</p> | <p>What next?</p> <p>While sperm concentration is an important factor in male fertility, it should not be considered the only marker for good male fertility. There are several other factors that can impact male fertility, such as sperm motility (the ability of sperm to move), sperm morphology (the size and shape of sperm), and overall sperm count¹.</p> <p>Additionally, other factors such as hormonal imbalances, genetic abnormalities, and lifestyle factors like diet, exercise, and smoking can also impact male fertility. Even if a man has a high sperm concentration, if his sperm have poor motility or morphology, or if he has other underlying health issues that can impact fertility, he may still struggle to conceive.</p> <p>It is important to note that fertility is a complex issue and can be impacted by a range of factors. Therefore, it is essential for men who are experiencing fertility issues to consult with a qualified healthcare professional who will arrange more detailed testing to review this result.</p> |
| <p>C T</p> <p>Abnormal</p> | <p>A result showing as abnormal</p> <p>If your test result shows one coloured line in the control (C) region but not in the test region (T), it means that the sperm concentration in the sample has not reached the threshold of 15 million/mL of semen to be considered 'normal'.</p> | <p>What next?</p> <p>Please note that this test is not diagnostic and any result that you have seen must always be followed up with a consultation with a healthcare professional. They can assess your overall health and fertility and will arrange more detailed testing to review this result. They may investigate any possible underlying causes of the low sperm concentration, such as hormonal imbalances, genetic abnormalities, or lifestyle factors^{1,2}. If lifestyle factors are identified as a potential cause, you may need to make changes such as adopting a healthy diet, getting regular exercise, avoiding smoking and alcohol, and reducing stress².</p> |
| <p>C T</p> <p>Invalid</p> | <p>A result showing as invalid</p> <p>If control line (C) fails to appear or only appears next to the test line (T) it is likely there was an insufficient volume of specimen to test, or the incorrect testing procedure was followed.</p> <p>Note: if for any reason, the results are considered to be doubtful or inaccurate, the test should be repeated with another test unit. However, you must not ejaculate through any sexual activity for 6 days before carrying out the second test.</p> | <p>What next?</p> <p>We recommend that you take another test. If this problem persists, please contact our customer care team at care@myhealthchecked.com for further assistance.</p> |

References:

1. Kumar, Naina, and Amit Kant Singh. "Trends of male factor infertility, an important cause of infertility: A review of literature." *Journal of human reproductive sciences* 8.4 (2015): 191.
2. Leisegang, Kristian, and Sulagna Dutta. "Do lifestyle practices impede male fertility?." *Andrologia* 53.1 (2021): e13595.