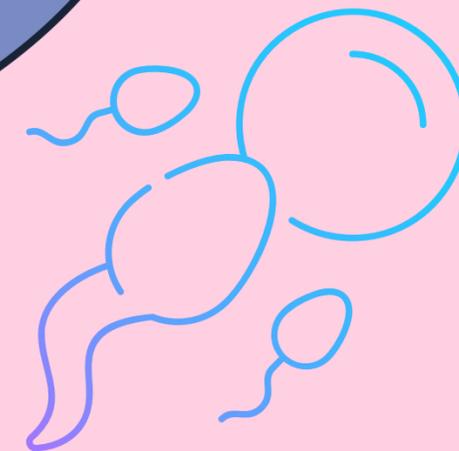


GUIDE

MALE FERTILITY TESTING: SEMEN ANALYSIS MADE SIMPLE

Understanding reports, conditions,
and next steps



WHY MALE FERTILITY TESTING MATTERS

Male fertility testing is often misunderstood and under-discussed.

While attention often turns to female factors, male factors contribute to a significant proportion of infertility cases.

Semen analysis is simple, non-invasive, and provides valuable information that can guide the entire treatment plan.



1. PRE-CONSULTATION CHECKLIST

Be prepared to discuss:

Semen analysis report (if available)

Abstinence period before the test

Recent illness or fever

History of testicular surgery or infection

Lifestyle factors



2. WHAT A SEMEN ANALYSIS ACTUALLY MEASURES

A semen analysis looks at several parameters together — not in isolation.

Sperm Count:

The number of sperm present. Very low counts can make natural conception difficult but do not automatically rule out pregnancy.

Motility (Movement):

Sperm must move effectively to reach the egg. Mild to moderate reductions are often manageable.

Morphology (Shape):

Many men worry about this unnecessarily — doctors interpret this alongside other parameters, not alone.

3. WHY SEMEN RESULTS CAN CHANGE

Sperm production follows a cycle of nearly three months. Results can vary due to:

- Fever or illness in the past 2–3 months
- Stress or anxiety
- Abstinence period before testing
- Lifestyle factors

For this reason, doctors often recommend repeat testing before making decisions.



4. COMMON MALE INFERTILITY CONDITIONS

Oligospermia: Low sperm count. Many men with this condition still achieve pregnancy with appropriate treatment.

Asthenospermia: Reduced sperm movement. Often managed with tailored assisted reproduction techniques.

Teratospermia: Abnormal sperm morphology.

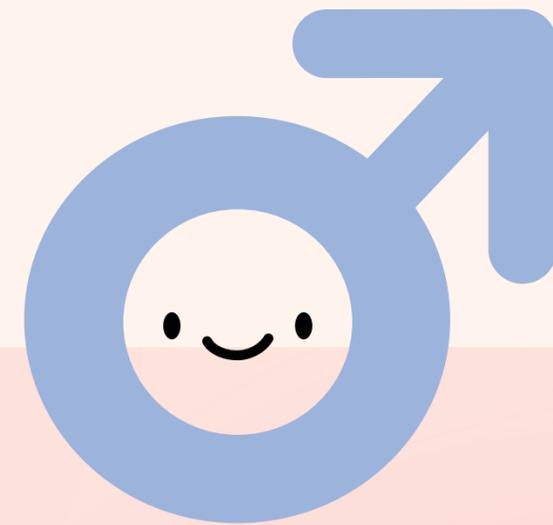
Azoospermia: Absence of sperm in the ejaculate.

A Note on Azoospermia: While alarming to hear, this does not always mean sperm are absent altogether. In many cases, sperm may still be present within the testes and can be retrieved using specialised techniques.

5. WHEN FURTHER EVALUATION IS RECOMMENDED

If sperm count is extremely low or absent, further evaluation may include:

- Repeat semen analysis
- Hormonal testing
- Specialist male fertility assessment
- Advanced sperm retrieval techniques



6. QUESTIONS TO ASK YOUR DOCTOR

Be prepared to discuss:

How should we interpret the results together?

Do we need a repeat semen test?

Are these findings temporary or persistent?

What treatment options are appropriate in our case?



Take the Next Step with Janini IVF

If you've received a semen analysis report — or have concerns about sperm count, motility, or conditions like azoospermia — a personalised evaluation can make all the difference. At Janini IVF, Delhi, male fertility is handled by specialists trained in advanced diagnostics and sperm retrieval techniques, with a strong focus on clarity, confidentiality, and evidence-based care.



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