# Patlisiso ya ho se Tswale ha Monna

## DITAELO TSA BOHLOKWA

Sampole (ka ho kgethehileng) e tshwanela ho bokellwa ka mora matsatsi a 3 – 4 a ho ila thobalano. Hona ke ho nehela ka diphetho tse hodimo le ho etsa bonnete ba ho se fapohe (tatamalo) ha ho ka hlokeha disampole tsa tatediso. (E se ka tlase ho matsatsi a 2, mme e se ka hodimo ho matsatsi a 7).

Ka kopo founela polokelo ya lehae ya Path Care ho etsa taetsano.

Sampole e tshwanela ho bokellwa laboratoreng. Ho seng jwalo e tshwanela ho nehelwa nakong ya metsotso e 30 ka mora ho bokellwa. Sampole e tshwanela ho bolokwa ka themperetjha ya mmele e ka fihlellwang ka ho e beha ka tlasa diaparo tsa hao haufi le letlalo.

Sampole yohle e tshwanela ho fumanwa ka ho ikgotsofatsa ka tsa bong ka ho ntshetsa lero la botona setshelong se bulehileng se bolailweng dikokwanahloko kapa setshelo sa polasitiki se nang le sekwahelo se kurufelwang se fumanwang laboratoreng kapa ngakeng. O se ke wa sebedisa lefiswana kapa setshelo sefe kapa sefe sa hao.

Dikhondomo le ditshelo tse nang le dikwahelo tsa rabara di tlameha di se ka sebediswa le ka mohla ka ha di sitisana le ho phela ha spermatozoa. Ditlolo di se ke tsa sebediswa (mohl., baselina, jeli ya KY, jj)

Pele ho pokello, rota, o hlatswe matsoho ka sesepa le metsi mme o pudutse ka botlalo. Sampole e le nngwe ho ka etsahala e haelle ka lebaka la diphetophetoho tse bonahalang tlhahisong ya lero la botona letsatsi le letsatsi, mme kahoo sephetho se sa tlwaelehang se ka hloka ho phetwa ha sampole e ka kotjwa ke ngaka ya hao.

Ho bohlokwa haholo ho tsebisa laboratori ha karolo efe le efe ya lero la botona e ka lahleha nakong ya pokello jwalo ka ha hona ho ka tshwaetsa diphetho. Tshebetso e molemo ka botlalo ke ho lahla sampole ena le ho hlahisa sampole e ntjha ka mora matsatsi a mang a 3 – 4.

Ka kopo tsebisa laboratori ha o sebedisa moriana ofe le ofe kapa ha o bile le themperetjha e phahameng ya feberu kapa lefu la ho ruruha nakong ya dikgwedi tse 3 tse fetileng.

## Contact Details

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# Guideline for
# Semen Specimen Collection

# Investigation of Male Infertility

## IMPORTANT INSTRUCTIONS

The sample should preferably be collected after 3-4 days of abstinence. This is to provide optimal results and to ensure consistency should follow-up samples be required. (Not less than 2 days, and not longer than 7 days)

Please phone your local PathCare depot to make an appointment.

The sample should be collected at the laboratory. If not, it should be delivered within 30 minutes of collection. The sample should be kept at body temperature which can be achieved by placing the sample under your clothing next to your skin.

The entire sample should be obtained by masturbation into a sterile wide mouthed or plastic container with a screw-on lid obtained from the laboratory or doctor. Do not use any jar or container of your own.

Condoms and containers with rubber stoppers must never be used as these interfere with spermatozoa viability. No lubricants to be used (e.g. Vaseline, KY jelly etc.).

Before collection, pass urine, wash hands with soap and water and rinse thoroughly. A single sample may be inadequate due to a marked variation in sperm production from day to day; therefore an abnormal result may require a repeat specimen which may be requested by your doctor.

It is very important to inform the laboratory if any part of the semen was lost during collection as this may influence results: Best practice is to discard this sample and produce a new sample after another 3-4 days.

Kindly inform the laboratory if you are on any medication or if you have had a raised temperature / fever or a inflammatory disease during the past 3 months.

# Ondersoek van Manlike Infertiliteit

## BELANGRIKE AANWYSINGS

Versamel die monster verkieslik na onthouding van 3-4 dae (nie minder as 2 dae en nie langer as 7 dae nie).

Skakel asseblief u plaaslike PathCare depot om 'n afspraak te maak.

Versamel die monster by die laboratorium. Indien nie, handig die monster binne 30 minute na verkryging by die laboratorium in. Hou die monster by liggaamstemperatuur deur dit onder die klere teen die vel te plaas.

Versamel die hele monster deur masturbasie in 'n steriele wyebek- of plastiekhouer met 'n aanskroefdop, verkrygbaar by die laboratorium of dokter. Moenie enige fles of houer van jou eie gebruik nie.

Moet nooit kondome en houers met rubberproppe gebruik nie want hulle beïnvloed die lewensvatbaarheid van die spermatozoa. Moenie smeermiddels (bv. Vaseline, KY-jellie, ens.) gebruik nie.

Passeer uriene voor versameling, was die hande met seep en water en spoel deeglik af. Net een monster kan onvoldoende wees weens dag-tot-dag uitgesproke variasie in spermproduksie en dus kan u dokter weens 'n abnomale resultaat 'n herhaalmonster aanvra.

Dit is baie belangrik om die laboratorium daarvan in te kennis te stel indien enige deel van die monster gedurende verameling verlore geraak het omdat dit die resultate kan beïnvloed. Dit is verkieslik om hierdie monster weg te gooi en 'n nuwe monster na 3-4 dae te versamel.

Lig die laboratorium in oor enige medisyne wat u gebruik of indien u 'n verhoogde temperatuur/koors of inflammatoriese siekte gedurende die voorafgaande 3 maande gehad het.

# Uphando malunga nokukwazukuzala kwendoda

## IMIGAQO (EBALULEKE KAKHULU)

Isampuli kufuneka ithathwe kwiintsuku ezi 3 ukuya 4 ningadibenanga ngesondo.

Isampuli kufuneka ithathelwe kwiziko lophengululo oluchubekileyo (Laboratory). Kungenjalo kufuneka ithunyelwe kwisithuba se yure enye emveni kokuba ithatyathiwe. Le sampuli kufuneka igcinwe kubushushu bomzimba obufumaneka ngokufaka isampuli leyo phantsi kwempahla oyinxibileyo ithi nca emzimbeni.

Isampuli yonke yolwelo (amadlozi) kufuneka isengelwe kwi bhotile ecocekileyo enomlomo omkhulu yeplastiki enesiciko esijijwayo efumaneka kwiziko lophengululo oluchubekileyo (Laboratory) okanye ugqirha. Nceda ungasebenzisi nayiphina ijagi okanye ibhotile eyeyakho.

Ikondoms nebhotile ezineziciko zerabha akufanelekile ukuba zisetyenziswe kuba ziphazamisana nobukho beseli ezifumaneka kulwelo lobudoda. Akufanelekanga usebenzise into ethanjiswayo (umzekelo iVaselina, KY Jelly)

Phambi kokuthatyathwa kolwelo qala uchame, uhlambe izandla ngamanzi anesepha wandule ukusulisisa kakuhle.

Isampuli eyodwa ngahle inganeli ngenxa yempawu ezahlukileyo ekwakhiweni kolwelo kusuku ngalunye, ukungabikho kweziphumo ezizizo kunganyanzela ukuba kufuneke olunye ulwelo (amadlozi) kwakhona ngesicelo esinokwenziwa ngugqirha wakho.

Nceda wazise iziko lophengululo oluchubekileyo (laboratory) ukuba unamayeza owasebenzisayo okanye ukhe waba nobushushu obugqithisileyo, Ifiva,okanye izifo ezitshisayo kwinyanga ezintathu ezidlulileyo.

Kubalulekile kakhulu ukwazisa iziko lophengululo oluchubekileyo ukuba inxalenye yolwelo iye yawa (yalahleka) ngexesha lokuyiqokelela kuba oku kungachaphazela iziphumo.

# Ucwaningo Mayelana Nokungabi Nanzalo Kwabantu Besilisa

## IMIYALELO EBALULEKILE

Isampula kumele lithathwe emuva kwezinsuku ezingu-3-4 ungayi ocansini. Lokhu kuhlinzekela imiphumela emihle kakhulu nokuqinisekisa ukungashintshi kwayo uma kungenzeka kudingeke ukulandelelwa kwamasampula . (Kungabi ngaphansi kwezinsuku ezi-2, kungeqi kwezingu-7)

Siza ushayele idepho ecwaninga amasampula (Path care) eseduze nawe ukuhlela usuku lokuya khona.

Isampula kumele lithathwe elebhu. Uma kungenjalo, kumele lilethwe elebhu ingakapheli imizuzu engu-30 lithathiwe. Isampula kumele ligcinwe lifudumele njengomzimba , lokho okungenziwa ngokuba lifakwe ngaphansi kwento oyigqokile lithintane nomzimba.

Isampula lilonke kumele litholakale ngokushaya indlwabu (masturbation) lifakwe esitsheni esihlanzisisiwe esinomlomo ovulekile noma isitsha seplastiki esinesivalo esivalwa ngci ngokusisonta esitholakala elebhu noma kudokotela. Ungalokothi usebenzise noma yisiphi isitsha sakho.

Amakhondomu kanye nezitsha ezivalwa ngamarabha akufanele kusetshenziswe ngoba kunomthelela ongafuneki embewini yowesilisa (spermatozoa). Akumele kusetshenziswe izishelelisi (isib. Uvaselina, ijeli i-KY nokunye).

Ngaphambi kokuthatha isampula, chama, ugeze izandla ngamanzi nensipho uzihlambulule ngesineke. Isampula elilodwa lingase lingeneli ngenxa yokushintshashintsha kokukhiqizwa kwesidoda usuku nosuku , ngakho-ke umphumela ongemuhle (abnormal) ungadinga ukuthi udokotela wakho adinge elinye isampula.

Kubalulekile ukwazisa abaselebhu uma kukhona ingxenye yesidoda echithekile ngenkathi kuthathwa isampula ngoba lokhu kungaba nomthelela emiphumeleni. Indlela engcono kakhulu wukulilahla isampula bese kuthathwa elisha emuva kwezinsuku ezi-3 kuya kwezi-4.

Siza wazise abaselebhu uma kunemithi oyidlayo noma izinga lokushisa komzimba liphakeme/ unemfiva noma yikuphi ukuhlaseleka komzimba ezinyangeni ezi-3 ezedlule.