



A U T U M N N E W S L E T T E R



Andrology Update

The Hull Andrology Unit

The Women and Children's Hospital, Hull Royal Infirmary, Anlaby Road, Hull HU3 2JZ.
01482 382648 www.hullivf.org.uk (Andrology and GP specific areas available)

Follow us on Twitter @hullandrology



Increasing fertility potential – the healthy way

We are often asked by men attending for semen evaluations if there is anything that they can do to improve semen quality.

We always advise that couples should speak to their GP if they are concerned about any specific aspects of their lifestyle on their fertility, however, we do have an **information leaflet** about **lifestyle factors** that patients can take with them if they choose.

Our leaflet contains information on the effect of smoking, prescription and recreational drugs, alcohol, nutrition and weight, exercise and testicular temperature. After the summer in particular, patients can be reminded that heat may be detrimental to sperm quality.

It is worthwhile considering that sperm production takes approximately 3 months, so any lifestyle changes made may not alter sperm quality for a few months.

Christmas closure

Last 2018 date for sample acceptance: 21/12/2018

First 2019 date for sample acceptance: 07/01/2019

National Fertility Awareness Week 2018

29th October – 4th November 2018 is National Fertility Awareness Week.

This year, we'd like our users and patients to join in the celebrations.

Look out for announcements on
Twitter - @hullandrology
@hullivf

Facebook - Hull IVF

Important Notice

Patients can now **book appointments** for fertility and post-vasectomy testing **online** via our website www.hullivf.org.uk/bookings. On-site sample production facilities are also available if required (samples for assessment of fertility and post-vasectomy motility must be received within 1 hour of production).

Patients can book appointments themselves or, alternatively, GPs may wish to book Andrology appointments whilst the patients are attending the GP surgery.

