

Male Fertility Test



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Some men have to undergo a **male fertility test**, the purpose of which is to obtain the information about the volume and the quality of sperm a man is able to generate.

The aim of such test is to find out whether the man is unproductive or he can have children. Every couple who can't have children faces the problem of infertility when there is something wrong with a man's sperm. In some cases the male fertility test is carried out to check the results of vasectomy or of reversal vasectomy, a surgical operation carried out to make a man infertile or, respectively, to make him fertile again.

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These are the tests which are usually done to check male fertility:

1. Sperm count test
This test serves to reveals the number of sperm contained in every milliliter (ml) of sperm per ejaculation.
2. Liquefaction time
Straight after ejaculation sperm has a consistency of a thick gel but about 20 minutes later it liquidize. This test shows the time needed the sperm to become liquid.
3. Sperm motility
This evaluates the volume of sperm that may move ahead in a natural way. The amount of semen present in seminal fluid that moves ahead in a normal way may also be tested; this is what's called motile density.
4. Sperm morphology
It shows the percentage of sperm having the normal shape.
5. Ph level
It is necessary to identify semen acid-base balance, if the sperm is acidic or alkaline.
6. White blood cell count
It is uncommon to find white blood cells in sperm.
7. Fructose level
This test is to measure the amount of Fructose (a sugar) sperm naturally contains, and which provides it with energy.

The male fertility test requires some special preparations if you are going to hold it. First of all, you shouldn't have sexual activity (ending in ejaculating) for 2 to 5 days before the day of the male fertility test. If you do not follow this requirement, the sperm count won't be as high as possible, so the test cannot be considered reliable.

But the abstinence should not be too long. To be exact, it should not last for more than 2 weeks before the test, as such a long period makes the sperm inactive. Alcohol consumption is forbidden for several days before the test, besides, you should inform the doctor about all drugs you might be using.

The sample of sperm is placed on a sample cup for male fertility test. It is done at home or in the hospital, where test is conducted. The most common way of the sample collecting is through masturbation into the little sample cup. But you can also do it after sex by either collecting your sperm from a condom (you can put it in a special container to avoid its leaking or breaking) or ejaculating into the sample cup during sex.

Improve Male Fertility

If you want to increase sperm count and **improve male fertility**, use the following hints every day: Banal as it may sound, but the first thing you should never forget is to drink enough fresh water, as it is essential for the proper function of your whole body. If you experience dehydration, your body functions are not correct and the number of sperm will be influenced negatively too. The amount of sperm your body produces depends directly on the amount of water you consume. It should be at least eight glasses a day if you want to maintain a healthy sperm level.

If you take natural pills for sperm volume you will be able to contribute to the enhancement of your sperm quality. Many useful herbs and minerals are contained in pills alongside with combination of amino acids (L-arginine, L-carnitine, L-glycine), important for excellent result and good sperm count. Apart from this, they improve blood flow to the male organ helping you to produce tougher, durable erections all the time.

Featured Fertility Pills

Semenax

Featured in: [Increase Sperm Volume](#)

Semenax was developed by a group of committed professionals focused entirely on the male enhancement and improvement of sexual function and enjoyment for men. They have helped thousands of men achieve the sexual health and satisfaction that are integral to overall health and well-being.

Semenax has a 60 day + one week guarantee: if for any reason you are not completely satisfied simply return the unused portion in the original container within 67 days of receiving your order (60 day trial + one week return shipping), and they will refund you 100% of the purchase price, excluding shipping and handling.

Contents of Semenax: L-Arginine HCL, L-Lysine, Epimedium Sagittatum, Zinc Oxide, L-Carnitine, Catuaba Bark, Pumpkin Seed, Maca and other proprietary ingredients specifically chosen for male reproductive health!

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