Suggested instructions in preparation for the Post-Coital Test

If you have any questions, please contact any of the nurses on Jasmine Ward.

☎ 01935 384301 (Direct line)
SUGGESTED INSTRUCTIONS IN PREPARATION FOR THE POST-COITAL TEST

The post-coital test is performed as closely as possible to the time of ovulation when the cervical mucus is most receptive to sperm migration. This is one of the tests in the diagnosis of infertility.

The following instructions should be followed, as closely as possible, in preparation for the post-coital test.

1. You and your partner should abstain from intercourse for at least two days before the test.
2. Attend to your toilet needs before intercourse. It will be necessary not to do so for a few hours afterwards.
3. Intercourse should take place 8-12 hours prior to the test. (Keep a sanitary pad within reach.)
4. After coitus, rest on your back for about 30 minutes with your knees bent to raise the hips and to prevent the loss of semen.
5. Put on the sanitary pad in the usual manner to avoid leakage of semen. Do not have a bath prior to the test.
7. Do not remove the sanitary pad until the time of examination by the doctor.