

Follow-Up SDI[®]-test and self-assessment questionnaire (SAQ2)

Improved life style (better diet, more aerobic exercise or stop smoking) or treatment of lack of different vitamins and minerals can reduce the damage of DNA and thereby result in a lower DFI (DNA Fragmentation Index).

However, there are also a number of unknown factors which play a role. It is therefore only possible for 2 out of 3 men to improve the fertility.

The collaboration between Fertility Center Hamburg and SPZ Lab makes it possible for you to get a free Follow-Up SDI[®]-test when the following conditions are met:

1. DFI on the first SDI[®]-test was above 15.
2. The Follow-Up SDI[®]-test is performed 3 to 6 months after the first test.
3. The patient completes the SPZ Lab Follow-Up questionnaire (SAQ2), before the semen sample is sent to SPZ Lab. The patient also needs to give his consent that SPZ Lab can use the information from the questionnaire anonymously for research.

Invitation to the questionnaire (SAQ2)

Please write to SPZ Lab if you would like to complete the Follow-Up questionnaire (SAQ2). Please use 'Send securely' which you find in the footer of our homepage www.spzlab.com. Please state your name, date of birth, name of your fertility clinic and the test you had the first SDI[®]-test.

The invitation to the questionnaire will be send to you with a secure message from SPZ Lab. You receive the invitation within 24 hours. Please check your spam filter or 'unwanted e-mails' if you do not get the secure message.

Confirmation that you have completed the questionnaire.

When you have completed the questionnaire, you will automatically end on a page confirming this. Please print this page and bring it with you to Fertility Center Hamburg when you are going to deliver the semen sample for the Follow-Up SDI[®]-test.

Result of your Follow-up SDI[®]-test

You will receive the result of the test within 2 to 3 weeks from Fertility Center Hamburg.