

SEMEN COLLECTION INSTRUCTIONS

Ideally, the semen sample should be collected after 2 – 3 days of sexual abstinence. Periods longer than that will decrease sperm motility and increase sperm abnormalities; periods shorter than that will decrease the sperm count. Abstinence should not be longer than 4 days unless specifically requested by your physician.

The semen sample should be collected at the laboratory if at all possible; but if not, the sample should be delivered to the laboratory within 45 minutes and it should be protected from extremes of temperature during transport.

To ensure a complete collection, semen should be collected by masturbation into a sterile, wide-mouthed plastic container that we will provide or can be obtained from your local pharmacy. Lubricants must be avoided as they interfere with sperm quality.

When necessary, at a small additional cost, we will provide a special, non-lubricated condom for your sample collection.

Write your name, date, time of collection and duration of abstinence on the container label.

Bring this semen test-request slip with you to your appointment along with your doctor's business card or office slip, photo I.D. and insurance information.

If your insurance company does not cover the cost of the test, you are personally responsible for payment on the day of the test.

A written report will be sent to your requesting physician within several working days; the Laboratory personnel cannot release results directly to you. Please contact your doctor for the results.

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