

INSTRUCTIONS FOR SEMEN COLLECTION

You are here to give your semen for a semen analysis / semen freezing. The purpose of a semen analysis is to evaluate the fertility of the male partner. The collection and handling of the specimen can have a profound effect on the test results. Please follow the directions.

In order to complete this test, you will need:

Specimens for Semen Analysis are accepted Monday to Saturday by appointment only. The specimen must be analyzed in a timely manner, and it is critical that we know when to expect its arrival. You have the option of collecting the sample in our office, or producing the sample at home. Please call at our office to arrange for an appointment

- **Abstinence Period:** You should abstain from ejaculation for at least 48 hours, but no more than five days prior to producing the specimen.
- **Specimen Collection:** The specimen should be obtained by masturbation only. Optimally, the specimen should be produced in our office. We have private rooms for this purpose. If you are unable to produce in our office due to time or other constraints, you may pick up a sterile container from your physician, our office, or a local pharmacy. The specimen should be ejaculated directly into the sterile container. It is important that you do not use any lubricant (i.e. lotion, oil, or saliva) in obtaining the specimen. This may affect the results of the analysis. Collection into commercially available condoms is not acceptable. If you have difficulty producing by ejaculation, please consult your physician.
- **Specimen Handling:** If you collect the specimen at home, it should be delivered to our laboratory within one hour and within 5 hours for post-vasectomy testing after collection.
- All specimens must be kept between 70°F to 100 °F. Keep the container with the sperm tightly capped, and maintain it at body temperature by keeping it close to your body (i.e. under your arm or tucked in under your shirt).

Specimen Labeling:

The following pieces of information must be on the container:

- Name
- Partner's name
- Date and time of collection
- Please note that if the results of the semen analysis are abnormal, and the specimen was collected at home, you may be asked to repeat the collection in our office.
- Patient must fill out the Patient Information and semen collection form at the testing facility
- Please call our office with any questions or concerns

