

## 2.Instructions for semen analysis

1. Abstain from ejaculating (or intercourse) for three days prior to collection the sample. This is essential for accurate results.
2. We do analysis of samples collected at the premises of ARMC (at designated rooms)
3. Do not do semen analysis if you have history of fever within last 7 days
4. You will need to register at the outpatient registration desk on the day of semen analysis
5. Then proceed to the andrology lab to submit your requisition for semen analysis.
6. Labeled collection jars will be provided from the andrology lab and the room for sample collection on priority basis
7. Semen sample can be produced by masturbation or coitus interruptus
8. Lubricants, oil or soaps should not be used for masturbation
9. Ejaculate directly into the container provided. After collection, the sample should be kept at body temperature. This may be accomplished by holding the container firmly in hand, or placing it next to the body in other locations such as under the belt or underarm.
10. Mark the container with the time of collection and your name.
11. Handover the sample jar to andrology lab personnel within 20 minutes
12. Do not place the sample jar in the collection room or andrology lab without informing the laboratory personnel.
13. Inform the laboratory personnel if you are carrying any sexually transmitted infections (eg: HIV or HBsAg)

Be prepared with the following information:

- Time the sample was collected
- How the sample was collected (manually, partner-assisted, etc.)
- Type of specimen container
- Number of days of abstinence
- Any problems collecting or transporting the sample to the lab (e.g., spillage, exposure to temperatures.

This information is necessary for the analysis and to help us provide you with the most accurate report for interpretation. All information is kept strictly confidential.