



INSTRUCTIONS FOR THE COLLECTION OF SEMEN SPECIMENS

Your physician has requested that a semen analysis be performed as part of an infertility study. Collection of the specimen is extremely important! The quality of the results of this test depend on the quality of the specimen you provide. Please follow these instructions carefully.

Instructions:

1. Wash your hands and genital area with soap.
2. Rinse thoroughly so all soap is rinsed away. Soap will kill sperm.
3. Open container and masturbate to ejaculation. Other methods of collection may compromise your specimen and you may be required to provide another one.
 - a. Abstain from ejaculation for a minimum of two but not longer than seven days before collecting the specimen.
 - b. Do not use lubricants as many lubricants can kill sperm.
 - c. Avoid vaginal and oral secretions which will contaminate your specimen.
 - d. Do not use condoms to collect specimen.
4. Deposit all your semen into sterile container. Do not touch inside of the container.
5. Tightly secure cap onto container and keep container upright. On the specimen container, write your name, date of birth, and date and time of specimen collection.
If not properly labeled, the sample will be rejected.
6. Complete the Collection Questionnaire on the back of the orange card.
7. When you have completed the questionnaire, return your specimen and orange card to the Main Lab located at the hospital (not 900 Broadway). **Due to the time sensitivity of the test, semen specimens will be accepted from 7:30 am to 10:00 am Monday through Wednesday, but not the day before a holiday.**
8. The specimen must be delivered to the laboratory within 1 hour. Please contact the hospital Laboratory Processing area at 907-1637 when you are leaving to deliver your specimen to us. Sperm activity (motility) diminishes with time, so prompt delivery of the sample is extremely important. Specimens over 1 hour old will NOT be accepted.
9. When you arrive at the hospital main entrance, call Processing again at 907-1637 and a lab employee will meet you at the door to collect your specimen and completed card.
10. The specimen must be protected against excessive cooling and warming which will affect the motility and viability of the sperm. The specimen should be kept near body temperature until it arrives at the laboratory. It should not be allowed to cool below 70°F or heated above body temperature. Placing the container into a bag and then into an inside pocket of your clothing will maintain optimum temperature. Keep specimen away from direct sunlight.

If you have any questions about collection or delivery of the specimen to the laboratory, please call 907-1637 during business hours.

