



Patient Instructions for Collection of Semen Analysis Specimen

Due to staffing and availability of testing personnel, semen samples are accepted in the laboratory Monday through Friday 0800-1500. In the case of a special arrangement, please contact the laboratory at 858-2371 for an appointment.

- NOTE: A period of abstinence (no) from sexual activity is required for at least 48 hours prior to collection. This includes ejaculation by any means. The abstinence should be no longer than 7 days.
- The specimen must be produced by masturbation. Lubricants, including saliva should not be used. Do not collect in condoms as sperm viability might be affected due to spermicidal material.
- The entire ejaculate must be collected in a clean screw-cap container, preferably provided by the lab. Make sure there is no residue, such as soap detergent in the container, if using a non-lab container.
- Write your name, date, and time of collection on the container
- The specimen **must** be delivered to the lab for testing within 1 hour of collection.
- The sample should be protected from extremes of temperature (avoid less than 70 F or more than 100 F). Keeping the sample near the body (for example inside a shirt or pocket) is helpful, especially in cold weather.