

Instructions for Semen (Fertility) Collection

Please read all of the instructions before attempting to collect your specimen.

Specimens must be collected between 10a.m. and 1p.m. If collected outside the laboratory, the specimen must be delivered within 1 hour of collection & no later than 1p.m. Monday-Thursday, excluding holidays and the day before a holiday. Specimens collected earlier than 10 a.m. will be rejected. Specimens collected outside the time frame will be rejected.

Your physician has requested you submit a semen sample by masturbating and ejaculating into a container.

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.
4. Masturbate to ejaculation. Other methods of collection may compromise your specimen and you may be required to provide another one.
 - Abstain from ejaculation for a minimum of 2 but not longer than 7 days before collecting the specimen.
 - Do not use lubricants as many lubricants can kill sperm.
 - Avoid vaginal and oral secretions which will contaminate your specimen.
5. Deposit all your semen into sterile container. Do not touch inside of container.
6. Tightly secure cap onto container.
7. Keep container upright.
8. Wash your hands.
9. Complete the Collection Questionnaire below.
10. When you have completed the questionnaire, return it and the specimen to collection personnel.

Collection Questionnaire:

Circle and/or provide response and return with specimen.

1. Name: _____ Date of Birth: _____

2. Number of days since last ejaculation? _____

Questions 2 through 6 pertain to today's collection.

3. Date of collection: _____ Time of collection: _____

4. Method other than masturbation? YES / NO
If yes, describe _____

5. Was lubricant used to collect? YES / NO
If yes, describe _____

6. Did portion of ejaculate miss container? YES / NO
If yes, circle appropriate response:
First part of ejaculate
Middle part of ejaculate
Last part of ejaculate

7. Partner's Name _____

If the above questions have not been reported, you may be required to provide another sample.