

## **INSTRUCTIONS FOR OBTAINING SEMEN ANALYSIS**

- 1- Contact our office receptionist to schedule your semen analysis. Usually this study can be scheduled within a few days.**
- 2- The sample should be obtained by masturbation and ejaculated into a clean glass jar or into sterile containers that are available at our office**
- 3- You should record your name, date, and time of collection on the specimen container. (not on the cap)**
- 4- The sample should be collected after a minimum of 48 hours of abstinence, but not more than 5 days of sexual abstinence**
- 5- Where particular circumstances (religious or personal beliefs) discourage collection by masturbation, specific plastic condoms are available upon request.**
- 6- Coitus interruptus (withdrawal) is not acceptable as a means of collection because it is possible that the first portion of the ejaculate, which usually contains the highest concentration of sperm, will be lost.**
- 7- The sample should be kept as close to body temperature as possible during the transport to the laboratory. It works well if you wrap the specimen in a wool sock and keep it close to the body. Do not use any form of heating pad.**
- 8- The specimen should arrive at our office no longer than one hour after ejaculation.**
- 9- In the event that it is not possible to get the specimen to our office within one hour, we can provide a small amount of culture media and you will be given specific instructions as to proper collection and handling of the specimen.**