



## **INSTRUCTIONS FOR THE COLLECTION OF SEMEN SPECIMENS FOR SEMEN ANALYSIS**

Read all of the instructions before collecting a semen sample. It's important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

### **1. Testing Availability:**

The laboratory accepts semen specimens Monday through Friday from 10:00 to 11:00 AM and 7:00 to 8:00 PM. This testing is not done on Sundays or hours other than those specified.

**Note:** The laboratory only accepts specimens that have a scheduled appointment. Please call **8600007473 / 8600996708** to schedule the test.

### **2. Specimen Collection:**

The only acceptable method of collecting the specimen is through masturbation. The entire ejaculate is to be collected in a clean container provided either by your physician or the laboratory. Do not ejaculate into a condom, engage in sexual intercourse or use soap or lubricant to provide the semen specimen. The entire ejaculate must be collected. Collection can be done either in the privacy of your home or at the Laboratory.

### **3. Period of Abstinence:**

You should abstain from any sexual activity (including masturbation) for 3 days prior to the test, but no longer than 7 days prior to the test. Ideally, you should not be on any medications for 1 week prior to the test. If you are on any medication you should discuss this with your doctor.

### **4. Specimen Transport:**

The specimen should be maintained at or near body temperature by keeping the specimen close to your body and delivered to the laboratory **within 20-25 minutes** after collection. Please label the container with your name, and date and time of collection.

**Note:** Unlabeled specimens will be rejected.