



PATIENT INSTRUCTIONS – SEMEN COLLECTION

1. Abstain from sexual intercourse or masturbation for 3-5 days, but no longer than 5 days prior to collection.
2. Collect the specimen by masturbation and ejaculate into a clean plastic container provided by the laboratory. The use of a condom is not acceptable.
3. Care must be taken to ensure that **none** of the semen sample is lost during collection.
4. Deliver the specimen to the laboratory within one hour of collection. Keep the specimen warm by placing the container in a pocket or close to the body during transport to the lab. Avoid temperature extremes during delivery to the lab.