



## Collection Instructions for Semen Analysis

*The following information contains collection requirements post vasectomy semen analysis.  
Please review collection instructions.*

### Patient Instruction for Semen Collection

1. Abstain from ejaculation for 2-7 days before collection of the specimen. Do not use lubricants or condoms to collect the sample as spermicidal chemicals interfere with testing.
2. Ejaculate the complete semen specimen in the labeled sterile container provided by your physician. Be sure to thread the lid securely onto the container after collection to prevent leakage.
3. Keep the specimen at room temperature. DO NOT expose the specimen to cold or hot temperatures. (<70°F or >100°F). Carrying container close to the body can avoid extreme temperatures, such as inside a shirt or pocket, especially during cold weather.
4. Complete the information on requisition form. Be sure to include date, time, days of abstinence and any collection or transport issues on requisition form.
5. Place the specimen and requisition form in specimen bag.
6. Drop off sample and requisition form to Overlake Hospital Outpatient Laboratory located on the first floor of Building 3. If Outpatient laboratory is closed, check-in with hospital admitting located in lobby of Building 3.
7. Sample must be transported to lab **within one hour of collection** to provide best result interpretation, however samples may be submitted up to two days.