

GENERAL INSTRUCTIONS FOR SEMEN COLLECTION

The purpose of these instructions is for individuals who need to collect a semen sample at our laboratory, at home or a location other than our laboratory semen collection room. Please follow the instructions carefully and if you have any questions, please call the laboratory.

1. For a semen analysis or sperm penetration assay, you should abstain from any sexual activity for 2 to 5 days prior to collection of the semen sample. For an insemination, please follow the abstinence recommendation given by your physician.
2. The sample container will need to be labeled prior to collection. Your label will be verified by you with one of the Andrology staff. If you are bringing the sample from home, the label will need to be generated, verified and placed on the container prior to acceptance of the sample by the staff.
3. If collecting at the laboratory, **ONCE THE CONTAINER HAS BEEN LABELED AND THE STAFF HAS LEFT THE ROOM, DEADBOLT THE DOOR.**
4. A semen sample should be collected only after you have washed your hands and penis with soap and water, being sure to rinse away all of the soap residue. Dry thoroughly before collecting the sample.
5. The sample should be collected by masturbation directly into a sterile, clean and dry container. Preferably use one of our sterile containers since we know that they are not toxic to spermatozoa. If bringing the sample from home, you can pick up one of our containers by stopping at our laboratory.
 - A. **Lubricants should not be used to aid in the collection of the sperm as they may be toxic to sperm.**
 - B. **Condoms should not be used for semen collection because they contain agents that kill sperm. If you need to collect a sample with intercourse, you can purchase non-toxic condoms from our laboratory and use these for sample collection. If you collect a sample in this type of condom, drop the whole condom into one of our sterile containers and bring this into the laboratory.**
 - C. **Interrupted intercourse should not be performed for specimen collection as this may result in the loss of the most critical portion (first portion) of the ejaculate and the specimen may be contaminated with cells or bacteria from the vagina.**
 - D. If a pubic hair or thread of clothing accidentally falls into the container, do not attempt to remove it. The lab will remove it using sterile techniques.
 - E. **If a portion of the sample was lost during collection, please indicate this to the individual that takes your sample or to the secretary on your way out.**
6. Be sure that the entire sample gets directly into the container and screw the lid of the container on tightly and place it in the pass through to the laboratory. Please close the door of the pass through.
7. If you have collected the sample elsewhere and plan to transport the sample to the lab, wrap the container in a dry half towel and place them into a paper sack and bring the sack into the laboratory within one hour of collection. Avoid exposing the specimen to extreme temperatures. The sample should be brought into the laboratory at the time you have previously arranged with the Andrology Lab. For an appointment please call (801) 581-3740.

I understand these instructions _____