



INSTRUCTIONS FOR SEMEN COLLECTION

Please wash and rinse your hands with soap and clean water before attempting to produce semen specimen.

Please read these instructions carefully:

1. Semen specimen should be collected after a minimum of 2 days and a maximum of 5 days of sexual abstinence.
2. Semen specimens should be collected by manual **MASTURBATION** into a sterile specimen jar. Condoms, creams or lubricants should not be used during collection. If circumstances prevent collection by masturbation, please notify your physician to arrange for alternative collection methods.
3. **IF A STANDARD SEMEN ANALYSIS IS REQUESTED**, prior to providing a semen sample, **urine is collected first** followed by washing and rinsing of hands and penis.
4. **Please collect a complete sample.** Please notify lab personnel if the sample collected is incomplete.
5. If sample was collected at home, please label the container with your name, date and time of collection and submit it to the Andrology Laboratory. It is important that the sample is NOT exposed to extreme changes in temperature. Place it in your shirt, under arm, or in a warm pocket closed to your body. Sample should be submitted to the laboratory no longer than 1.5 (one and a half) hours after collection.
6. Answer all questions on the form you will receive when you drop off the sample and ensure that the attached label contains your correct information.
7. Samples will only be accepted from **Monday to Friday between 10:00 am – 1:00 pm, no appointment is necessary.**

If you have any questions, please consult your physician prior to producing the semen sample.