

INSTRUCTIONS FOR THE COLLECTION OF SEMEN SPECIMENS FOR SEMEN ANALYSIS

Your doctor has requested that the following test be completed. In order to perform an accurate test, it is important that you follow these instructions carefully.

1. **Testing Availability:**

Please call 603-663-3555 to schedule the test. All samples must be brought to the Elliot Hospital, Laboratory Client Services Department on the ground level. The laboratory accepts semen specimens **Monday through Friday from 7:00 to 11:00 AM.** This testing is not done on weekends, holidays or hours other than those specified. **Note:** The laboratory only accepts specimens that have a scheduled appointment.

2. **Specimen Collection:**

The specimen should be obtained by masturbating directly into a sterile, hard plastic or glass container. 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.

3. **Period of Abstinence:**

You should abstain from any sexual activity for 2 days prior to the test, but no longer than 5 days prior to the test. You should avoid hot tubes, saunas and whirlpools for 2 weeks 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 **1 hour after collection.** Please label the container with your name, date of birth, and date and time of collection. **Note: Unlabeled specimens will be rejected.**

PLEASE COMPLETE THE FOLLOWING FORM WHICH MUST ACCOMPANY THE SPECIMEN:

Patient Name: _____ Date of Birth: _____

Wife/Partner's Name: _____

Physician: _____

Days of Abstinence: _____

Date and Time of Specimen Collection: _____

Method of Collection: Masturbation (Yes): _____ Other: _____

Was any specimen lost in collection? (Yes): _____ (No): _____

If yes, which portion was lost? Beginning: _____ End: _____

Elliot Hospital Laboratory
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