

Semen Analysis Collection Patient Instructions

Semen analysis is often used to help diagnose infertility. It is important that you properly collect and transport the specimen so you receive the most accurate results

Preparing for Testing

1. Call the laboratory at the UCHealth Yampa Valley Medical Center to set-up an appointment and make arrangements for the day a specimen will be delivered.
2. The laboratory only accepts semen analysis samples that have had an appointment made for Monday through Friday from 7:30 a.m. to 11:00 a.m.
3. Go to the main laboratory at the Yampa Valley Medical Center (YVMC) and obtain a specimen cup and carrying bag.
4. You are advised to remain sexually inactive 2-7 days prior to specimen collection. However, abstinence should not exceed 5 days.

Sample Collection and Transport

1. The sample should be obtained by masturbation without the aid of lubricants or condoms.
2. The sample should be collected in the sterile container provided to you by the laboratory.
3. Once the sample is collected, tightly screw the lid back onto the specimen container.
4. With a pen or marker write you name, date collected and time collected on the specimen container.
5. Place the labeled container in the carrying bag provided.
6. Transport the sample to the laboratory at the YVMC immediately. Samples must be received within a maximum of 60 minutes of collection.
7. During transport protect the sample from extreme temperatures and light by placing the sample inside of your shirt or coat.
8. Try to keep the sample at body temperature.
9. Deliver the sample directly to the laboratory at the YVMC.
10. The phlebotomist will have you complete a questionnaire about the sample collection.
11. The phlebotomist will then instruct you to register at the central admissions desk so be sure to bring a photo ID and insurance information with you.
12. You may collect your sample in the laboratory restroom at the YVMC if it is more convenient.

If you have any questions please call the laboratory at the UCHealth Yampa Valley Medical Center, 970.871.2350.