Patient Instructions for Collection of Semen for Fertility Testing

Your physician has requested that a semen specimen be collected for analysis. Proper collection of the specimen is extremely important, as the sample is both time and temperature sensitive.

PLEASE READ THESE INSTRUCTIONS CAREFULLY

1. This kit contains one sterile container and one specimen bag.
2. Abstain from sexual activity for 3 days.
3. Write your name and date of birth on the container.
4. Collect the specimen in its entirety, by masturbation, into the sterile collection container or clean jar that has been thoroughly washed, rinsed, and dried- including the cap. Avoid the use of lubricants. Specimens in condoms will NOT be accepted.
5. Cap the container tightly and write the time and date of collection and number of days of abstinence on the label.
6. Deliver the specimen to Northern Light EMMC Webber East Laboratory within 30 - 40 minutes of collection* between the hours of 7:00 am and 1:30 pm Monday through Friday. Specimens over 1 hour old will not be accepted. It is also important that the specimen be kept as close to body temperature as possible. Transport the specimen close to the body; either in an inside pocket or under the arm.

* Please note: If collection and delivery to the lab within 30-40 minutes cannot be achieved, the sample may be collected at the laboratory drawing station facility.

You must register for the laboratory before you return with the specimen. To avoid waiting in line at registration, pre-registering by phone at 973-8900 or toll free at 1-888-973-8900, Monday – Friday 7:00 am to 7:30 pm is highly recommended.