

1. Abstain from any sexual activities for at least 48 hours (2 days) before collecting.
2. Confirm the collection container is labeled correctly with: your (the patient) first and last name, date of birth and the date/time of collection.
3. Incorrectly or incomplete labeled specimens will not be tested.
4. Open the collection container cap and ejaculate the entire semen specimen directly into the container. Do Not use any condoms, spermicide, or saliva. This could cause the specimen to be contaminated.
5. Tightly screw the cap back onto the container
6. Seal the container in the zip lock Bio Hazard Bag and put the lab paperwork (requisition) in the outer pouch of the bag.
7. Bring the container and the lab requisition to the laboratory if possible. If not, please bring items to the main Community Hospital check-in desk as **soon as possible**.
Prolonged delays may effect the test results.

**Please contact the laboratory for hours of operation or if
you have further questions at (970) 644-3260.**