**PATIENT INSTRUCTIONS**

1. Abstain from sex from to 2 to 7 days for accurate results.
2. Specimens ***can only be sent*** for testing Monday through Thursday before 11am.  Specimen must arrive at Mayo Laboratories within 24 hours of collection.
   1. Patient cannot submit specimen for this testing on Friday, Saturday or Sunday or after 11am on Monday through Thursday.
3. Specimen cannot be collected the day before a holiday.
4. Bring the specimen to the lab and then you will need to check in at admissions.

**SPECIFIC INSTRUCTIONS FOR COLLECTION**

1. Wash your hands and genital area with soap.
2. Rinse thoroughly so all soap is rinsed away. Soap will kill sperm.
3. Do not use lubricants or other contaminants (such as saliva) for collection. No regular condoms or coitus interruptus (vaginal withdrawal before ejaculation) should be used for collection.
4. Collect the whole sample by masturbation directly into a clean, dry container with a secure lid. Since traces of detergent or other material may affect the sperm and result in an abnormal result, it is best to use a sterile container provided by the laboratory. Do not collect the specimen in a condom during intercourse, since spermicides in the condom will kill the sperm.
5. Deposit all your semen into sterile container. Do not touch inside of the container.
6. Tightly secure cap onto container.
7. Label the container with
   1. patient’s name
   2. patient’s date of birth
   3. date *and* time of collection
   4. days of abstinence
   5. *specimen complete* or *specimen incomplete* (was all the specimen collected in the container?)
8. Keep container upright.
9. Complete the Collection Questionnaire on back of Orange Card.
10. When you have completed the questionnaire, return your specimen and orange card to the collection personnel at the hospital lab within 1 hour of collection.
11. Keep the specimen warm, close to body temperature, from the *time of collection to time of* *delivery to the* *laboratory*.
12. Protect the specimen from temperature extremes.
    1. Keep specimen away from direct sunlight.
    2. Maintain specimen as close to body temperature as possible.
    3. Do not heat the specimen above body temperature as this will kill the sperm.
    4. Do not allow the specimen to drop below 70°F as cold temperature will adversely affect sperm.