

Memorial Hospital of Sweetwater County: Semen Analysis to Mayo Laboratory

Read All instructions before attempting to collect your specimen.

DROP-OFF DEADLINE:

Bring the sample to MHSC Main Laboratory Monday through Thursday BEFORE 10:00 AM.

(Specimen must arrive at Mayo Lab within 24 hours of collection.)

REQUIREMENTS BEFORE COLLECTION

Abstain from ejaculation for a minimum of 2, but not longer than 7 days, before collecting the specimen.

Do not use lubricants as many lubricants can kill sperm.

Avoid vaginal and oral (saliva) secretions which will contaminate your specimen.

Instructions for Semen Collection

1. Wash your hands and genital area with soap.
2. Rinse thoroughly so all the soap is rinsed away. Soap will kill sperm.
3. Open the container.
4. Masturbate to ejaculation. Other methods of collection may compromise your specimen, and you may be required to provide another one.
5. Deposit all your semen into a sterile container. Do not touch the inside of the container.
6. Tightly secure cap onto container.
7. Keep the container upright.
8. Wash your hands.
9. Complete the Collection Questionnaire on the back of the orange card.
10. Label specimen with your first and last name and birth date.
11. Return the specimen and orange card to the **Hospital Main Laboratory** within 1 hour of collection.
12. Keep the container in an upright position as much as possible.
13. Protect the specimen from temperature extremes:
 - Keep the specimen away from direct sunlight.
 - Maintain specimen as close to body temperature as possible.
 - Do not heat the specimen above body temperature as this will kill the sperm.
 - Do not allow the specimen to drop below 70°F as cold temperature will adversely affect sperm.

If you have any questions or concerns, please call the Hospital Laboratory, 307-352-8360; someone is available 24/7.