



SOUTHERN ILLINOIS HEALTHCARE

Semen Collection

1. The semen sample should be collected after 2-3 days of abstinence from ejaculation. There should be **NO** sexual activity during the abstinence period, including masturbation
2. Abstinence longer than 4 days is not recommended.
3. The semen sample should be collected by masturbation directly into the container supplied by your physician or by the laboratory.
4. The entire semen sample should be collected into the container and submitted to the Memorial Hospital of Carbondale laboratory.
5. Semen samples collected in a condom, by oral sex, or by withdrawal are **NOT** acceptable.
6. If possible, collect the specimen at the Memorial Hospital of Carbondale facility in the designated location.
7. The semen sample should be submitted to the Memorial Hospital of Carbondale laboratory within **30 minutes of collection**. The semen sample should be kept at body temperature. Do not expose the sample to temperature extremes.
8. Please submit this form with the semen sample.

Please answer the following questions:

1. How many days of abstinence were observed prior to collection? _____
2. What was the method of collection? Masturbation Other _____
3. Was the entire specimen collected directly into the supplied container? Yes/No
4. Were there any transportation issues that could have affected the sample? Yes/No
 - If so, what was the transportation problem? _____

Please pardon the personal question - they are designed to benefit you and your provider!