



SEMEN COLLECTION INSTRUCTIONS FOR SEMEN ANALYSIS

1. **YOU MUST MAKE AN APPOINTMENT FOR YOUR ANALYSIS.** Call St. Luke's Connect at 208-706-5850 to schedule an appointment. The Lab performs the testing on Monday and Tuesday between the hours of 9:00 a.m. and 12:00 p.m. Do not bring a specimen in at any other time other than your designated appointment time.
2. **In order to obtain accurate results, it is important that the specimen be delivered to the laboratory within 30 MINUTES of collection.** Bring the laboratory requisition, Specimen Information form, and the specimen with you to St. Luke's Magic Valley Laboratory.

COLLECTION PROCEDURE:

3. Refrain from sexual intercourse and masturbation for 2-7 days.
4. Using proper hygiene (cleanse penis and then hands, allow to dry), collect sample by masturbation **without** artificial lubricant. Ordinary condoms must NOT be used because they may immobilize or kill the sperm. Coitus interrupts' is not acceptable because the first portion of ejaculate, which usually contains the highest number of spermatozoa, may be lost. Also, there will be cellular and bacteriological contamination of the specimen and the acid pH of the vaginal fluid adversely affect the sperm motility.
5. Collect the sample in a dry, clean, wide mouth container of glass or plastic. The outpatient lab can provide you with a container upon request. It is important that the entire ejaculate be collected. If NOT, label the specimen as incomplete.
6. The container should be labeled with the patient's name and the date and time of collection. The accompanying requisition must include: duration of abstinence, method of collection, whether or not sample is a complete ejaculate and collection or transport problems.
7. Keep the sample protected from extremes of temperatures (less than 70° and more than 99°F) during transportation. Keeping the sample in a warm pocket near your body is suggested.
8. **Please fill out section #1 on the other side of this form.**

DELIVER SPECIMEN TO:

St. Luke's Magic Valley Main Laboratory
801 Pole Line Road West (Main Entrance)
Twin Falls, Idaho

Specimen Information Form

SECTION #1
Patient's Name:
Date of Birth:
Physician:
Partner's Name:
Specimen Collected: Time: _____ Date: _____
Duration of Abstinence? _____ Days
SECTION #2
Time Received in lab:
Complete Sample? _____ YES _____ NO
Collection Problems? _____ YES _____ NO
Explain:
Transport Problems? _____ YES _____ NO
OTHER:

HOW TO GET TO THE MAIN LAB

Come in Main Entrance of the hospital at 801 Pole Line Road West.

Go through the lobby past the Gift Shop, and the Coffee Shop to the bank of 3 elevators.

Get on the elevators and go down to the lower level.

When you get off the elevators you will see the information desk.

Turn left and go to the Food Court sign.

Turn right and go down the hallway past the picture of a moose.

Turn right at the next hallway.

Go to the first window on your left, in the middle of the hallway and tell the person at the desk that you have an appointment.