

ST. LUKE'S TREASURE VALLEY
ANDROLOGY SERVICES
190 E. Bannock, Boise, ID
Department of Pathology

INSTRUCTIONS TO PATIENTS FOR SEMEN COLLECTION

Please call St. Luke's Connect at (208) 706-5850 to schedule your test. No drop-off specimens are allowed without an appointment. All appointments for semen analysis will take place between 8 a.m. and 11 a.m. Monday through Friday. Please go to the Anderson Plaza at 222 North 2nd St., Suite 109, in downtown Boise, to collect your specimen.

SEMEN ANALYSIS SAMPLES FOR FERTILITY TESTING

A variety of factors can affect sperm production for up to 2 - 3 months prior to evaluation. If you have experienced any of the following in the past 2 - 3 months, discuss with your physician: major change in diet, fever lasting more than 2 days, sexual abstinence in excess of 1 week, viral illness, stress, exposure to high temperatures (e.g., hot tub, sauna, etc.), exposure to solvents, pesticides, etc., or testicular trauma.

When you arrive at Anderson Plaza (222 North 2nd Street), lab staff will handle the necessary paperwork and escort you to a private room for the collection. Once the specimen is obtained, they will promptly hand-deliver your sample to the hospital lab for testing.

A semen sample is collected by masturbation in a private room at Anderson Plaza. Abstinence from all sexual activity at least 2 but not more than 7 days prior to collecting the specimen is recommended. Wash hands well with soap and water and dry thoroughly. Collect the sample directly into a sterile plastic specimen container and firmly secure the lid. Specimen labels will also be provided. Avoid lubricants or other contaminants. The entire ejaculate must be collected.

Samples may be collected at home and dropped off at St. Luke's Boise hospital within 30 minutes of collection, but results may be compromised if you experience traffic delays or extreme temperature variations while transporting the sample). If collecting at home, obtain a sterile collection container from your physician's office. Label container with your name, your date of birth, and the date and time of collection. Firmly secure the lid. Deliver to the lab within 30 minutes of collection. Keep the specimen near body temperature (inside shirt, waist band, pocket, etc.). Avoid heat (direct sunlight or car heater) and cold. Bring your physician's order along with the specimen. Important: even if you collect the sample at home, you must still schedule an appointment with the lab in advance. This test is very time-sensitive and must be scheduled ahead of time in order to ensure that staff can give it the proper priority.

Deliver the sample to St. Luke's Regional Medical Center, 190 East Bannock in downtown Boise.

Note: Do not collect specimen in a condom, as over-the-counter condoms contain substances harmful to sperm.

POST VASECTOMY SAMPLES

No appointment is necessary. Collect as instructed above. Label sample container with your name, the date and time of collection. Samples can be brought to either the Boise Lab (190 East Bannock St.) or Meridian Lab (520 S. Eagle Road). The specimen should be delivered to the laboratory within 1-4 hours of collection. Do not refrigerate the specimen. Specimens not tested within 24 hours of collection are not acceptable and must be recollected.