

# Reproductive Care Center

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## Semen Analysis Collection Instructions

Please follow instructions carefully

1. Call the office to schedule an appointment for the semen analysis. Patients must have an appointment to have a semen analysis done. The lab does not accept walk-ins due to the time consuming and immediate nature of the testing.
2. If the collection is done outside the clinic the sample should be here at the clinic by the appointment time and within 30-40 minutes of collection.
3. You should abstain from sexual activity 2 to 5 days prior to collection of sample. It should be more than 2 days but less than 5 days since the last ejaculation.
4. The semen sample should be collected only after you have washed your hands and penis with soap and water and rinsed away all soap residues. Dry thoroughly before collecting the sample.
5. The sample can be collected by one of the following methods.
  - a. Masturbation directly into a medically sterile container in one of the two private (quiet and in the back of the office) rooms at Reproductive Care Center (RCC). Your wife can join you for the collection if desired. Children are not allowed in the collection rooms.
  - b. Masturbation directly into a medically sterile container at home (containers available at RCC - these containers are not toxic to the spermatozoa) with immediate transport to the RCC office
  - c. Collected by using a special non spermicidal condom (available at RCC for \$12 or can be purchased online at [www.INGFertility.com](http://www.INGFertility.com) ) and having intercourse and then following instructions to put the condom in the sterile container (other condoms should not be used) for immediate transport to the RCC office. Your wife must not be on her period at the time of the collection. We will not accept this type of sample and you will be required to re-schedule your appointment. No exceptions. See the additional semen collection by condom instructions.
6. Lubricants or body fluids other than a nonspermicidal lubricant provided by RCC (or purchased online such as Pre-Seed see [www.INGFertility.com](http://www.INGFertility.com) or ConceiveEase see [www.conceiveease.com](http://www.conceiveease.com)) should not be used in the collection of the semen sample as they can be toxic to sperm.
7. Interrupted intercourse should not be performed for specimen collection as some of ejaculate may be lost or contaminated with vaginal cells or bacteria.
8. If a pubic hair or thread of clothing accidentally falls into the container do not attempt to remove it. The lab technician will remove it with sterile techniques.
9. Be sure the entire sample gets into the container then screw the lid of the container on tightly. Indicate on the collection form if any of the sample was lost.
10. Keep the sample at body temperature and avoid exposure to the cold, direct sunlight, heaters or air conditioners.