

Patient Instructions for Semen Analysis/Post Vasectomy Collection

The recommended collection time of a semen analysis specimen is following two (2) to seven (7) days of no sexual activity (including masturbation). However, your provider may request a specific collection time.

Select a clean, washed, detergent free, and dry glass or hard plastic container with a tight fitting lid.

Label the container with:

Full Name (First and Last Name)

Date of Birth

Date and Time of Collection

Do not use soft plastic containers, such as margarine containers, for semen specimen collection.

Do not use any lubricants.

Do not use a commercial condom. Most condoms contain a spermicide that restrict the motility (movement) of the sperm. Motility is one of the parameters measured in the analysis.

Masturbate directly into the container. Place the entire semen specimen in the container. Loss of any part of the semen specimen will affect the analysis results.

Maintain the semen specimen at body temperature. This may be accomplished by keeping the collection container in an inside pocket or near the skin. **Do not refrigerate, freeze, or expose the semen specimen to excessive heat or direct light.**

Deliver the semen specimen to the laboratory **within 30 minutes of collection**. For accurate analysis, do not delay delivery of the semen specimen to the laboratory.

Semen Specimen Collection Form

The following information is REQUIRED to evaluate specimen integrity.

Patient Name _____

Date of Birth _____

Date of Collection _____

Time of Collection _____

Number of Days of Abstinence: (circle) 1 2 3 4 5 6 7 More than 7

Method of Collection: (circle) 1. Self/Masturbation 2. Sex/Intercourse 3. Other _____

Lubricant Used to Collect (Not Recommended) ☐ Yes ☐ No Entire Specimen Collected: ☐ Yes ☐ No

Specimen Maintained at Body Temperature: ☐ Yes ☐ No



1212 Pleasant Street
Lower Level 9 (LL9)
Des Moines, IA 50309
Phone (515) 241-8878

Preparing for Your Laboratory Visit Checklist

Items to Bring:

- ☐ Order from Healthcare Provider
- ☐ Completed Semen Collection Form (On back of this sheet)
- ☐ Insurance Card
- ☐ Identification Card

Laboratory Locations and Hours:



Pathology Laboratory
1212 Pleasant Street , Lower Level 9 (LL9)
Des Moines, IA 50309
Phone (515) 241-8878

Monday – Friday: 7:00 am to 6:00 pm

Tobacco products are prohibited in our buildings, vehicles, walkways and parking lots. At the request of our neighbors, please do not go into neighborhoods, businesses and churches surrounding our tobacco-free zone to smoke.

