Semen Analysis Collection Guidelines

Patient Instructions for Collection:

The ideal period of time for collection of a semen sample is after 2-5 days of no of sexual activity (including masturbation). However, your physician may recommend the time period that collection should occur.

Select a glass or hard plastic container that is clean and dry and has a tight fitting lid. Masturbate directly into the container. Place all of the specimen in the container. Loss of any part of the specimen will affect the test results.

Do not use any lubricants.

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

Do not use soft plastic containers to put the specimen in, such as margarine containers. Soft plastic may inhibit motility of the sperm.

Do not refrigerate, freeze, or expose the specimen to excessive heat or direct light.

Bring the specimen to the laboratory within 30 minutes of collection. Do not delay bringing the specimen to the laboratory.

Keep the specimen at body temperature. This may be accomplished by keeping it in an inside pocket or near the skin. Check with your physician office for the best time the specimen can be collected and delivered.