



Instructions for Semen Analysis Collection

1. Abstain from ejaculation for at least 48 hours, preferably 72 hours, before submitting a semen specimen for complete analysis.
2. Obtain specimen by masturbation. It is important that the entire specimen be submitted for analysis. Interrupting intercourse to provide the specimen often misses the first part of ejaculation, which contains the most sperm.
3. Ejaculate the semen into a clean, dry glass, or hard plastic container, **not a condom**. NOTE: the doctor's office may supply the container for collection. If not, the laboratory does not supply containers.
4. **Label the container with your name, day and time of collection.**
5. Keep the specimen out of light. Either place the container in a brown bag or use a dark colored container.
6. Keep the specimen at body temperature or as close to 98° possible. Absolutely avoid heat and cold as the semen will be damaged and the specimen will not be analyzed correctly.
7. IMPORTANT: Transport specimen to SCMC Heart Center Outpatient Center as soon as possible, no later than 15 minutes from time of collection. Specimens will be accepted for testing Monday – Friday from 7:00 am until 4:30 pm. When submitting sample, make sure that staff know this is a time sensitive test!
8. When you bring the specimen, you will be asked if you have labeled the container with your name and time of the collection. You will also be asked for billing information.
9. Results of the analysis will be sent to your provider the afternoon of the next day.