



Instructions for collecting a semen specimen

A semen analysis is a very important test because it measures the quantity and quality of sperm. It is the most important determinate of male fertility.

To help insure your test is accurate:

- 1) Schedule an appointment with the lab.
- 2) Abstain from ejaculation for 48 hours before giving you sample.
- 3) Use containers supplied by the lab, labeled with your name.
- 4) Obtain your semen specimen using masturbation.
- 5) Include all of your ejaculate in the container.
- 6) Deliver the specimen to the lab within 30 minutes of collection.
- 7) Keep the sample at body temperature by holding the container in your hand, under your arm, or between your legs while driving to the lab.