

How to Collect a Semen Sample

Before collection:

- Please note that semen testing is only available Monday through Friday between the hours of 6:00 AM and 1:30 PM
- Do not ejaculate (either through sexual intercourse or masturbating) for at least 3 days before collection.
- Make sure you have the sterile container provided by the laboratory and can return it to the laboratory within one hour of specimen collection.
- Label specimen container with first and last name, date of birth, and date/time of specimen collection

Collect the sample:

- Collect a sample in the sterile container provided by the laboratory. Do not collect the sample in a condom—condoms contain a powder that interferes with testing.
- Keep specimen at body temperature and take sample to the laboratory within one hour of collection

Specimen delivery:

- Give specimen directly to laboratory staff—please do not leave specimen on counter.

**Please answer the following questions and take this form
with your sample to the laboratory**

Patient name: _____

Date and time of collection: _____

Is the sample complete? Yes No

Was the method of production masturbation? Yes No

If no, please explain:

NOTE: masturbation is the preferred method of collection. A sample produced by a method other than masturbation is incomplete and cannot be analyzed fully.

Number of days since you have had sexual intercourse or masturbated? _____ days

Questions? Contact Laboratory Customer Service 815-966-2689

