INSTRUCTIONS FOR THE COLLECTION OF SAMPLES FOR SEMEN ANALYSIS

PATIENT PREPARATION

1. Please schedule an appointment with the Indiana Regional Scheduling Center (724.357.7075 or 877.444.2778) to schedule an appointment between 6am and 3pm Monday thru Friday.
2. Specimen collection kit with complete instructions may be picked up at the Outpatient Laboratory (lobby level) prior to collection.
3. Abstain from sexual intercourse or masturbation for at least 48 hours but not more than 7 days prior to your scheduled appointment.

SPECIMEN COLLECTION

1. To obtain the best specimen, the sample should ideally be collected at the laboratory at the appointed time.
2. If this is not feasible, collect a specimen by masturbation into a clean, dry, glass or hard plastic container. Be sure to collect the entire specimen, particularly the first portion, as this is important to obtain accurate results.
3. Do not use prophylactics (condoms). These alter the specimen and produce problems when testing the sample.
4. Avoid the use of lubricants or any other material that may contaminate the sample.
5. Write your name and time of collection on the container. Deliver the specimen IMMEDIATELY (within ½ hour) to the Main Laboratory on the third floor of Indiana Regional Medical Center. Keep the specimen at body temperature; extremes of heat or cold affect specimen quality.
6. Remember to fill out and return the list of questions following these instructions. Honest, complete answers help ensure the best results.
7. If collecting a post vasectomy sample, it is advisable to wait 2 months after surgery before testing. Inform the lab personnel that it is a post vasectomy sample.

COMPLETE THESE QUESTIONS FOLLOWING SAMPLE COLLECTION AND RETURN THIS INFORMATION SHEET TO THE LABORATORY WITH THE SAMPLE.

1. Patient Name: ________________________________
2. Date of collection: ____________________________
3. Time of collection: ____________________________
4. Number of days since last ejaculation? ____________________________
5. Was collection method masturbation? YES / NO
   If another method was used, describe ____________________________
6. Was lubricant used to collect? YES / NO
   If yes, describe ____________________________
7. Did any portion of ejaculate miss the container? YES / NO
   If yes, circle appropriate response:
   First part of ejaculate
   Middle part of ejaculate
   Last part of ejaculate
8. Were any problems encountered during transport to lab? (exposure to extreme temperature, or delay in transport)? ____________________________

Revision 2 10.15.10, 10.05.05