



PATIENT INSTRUCTIONS FOR SEMEN ANALYSIS COLLECTION

Sample Collection

- Refrain from sexual activity (including masturbation) for 48 hours prior to the planned date of collection. **Abstinence should be no longer than 7 days prior to the collection.**
- Wash and dry hands and genitals.
- Collect entire semen emission using masturbation into the sterile collection container provided.
 - o Do not use a sheath or condom for collection as this can decrease sperm activity and viability and will thus invalidate the results.
 - o Do not collect the specimen via *coitus interruptus* since the first portion of the ejaculate contains the highest concentration of spermatozoa and this method jeopardizes collection of this portion.
- Record your name, date of birth, date and time of collection on the label. Record your spouse or partner's name also.

Delivery

- The sample must be delivered to the laboratory location listed below within one hour of collection. (Samples may be collected on-site at the location below if the delivery time is a concern.)
- Ensure that sample temperature is maintained at room temperature or body temperature (by carrying near the body). Samples must not be refrigerated or artificially heated.
- Drop the specimen off at one of the locations below:

Allenmore Hospital Laboratory (253-459-6336)
1901 S Union Ave Tacoma, WA 98405.
Ask at the inside information desk to be directed to the laboratory.
Monday – Friday only 8:00am-2:00pm
(test is not available on weekends)

Covington MultiCare Clinic (253-372-7195)
17700 SE 272nd St. Suite 180
Covington, WA 98402
Monday – Friday only 8:00am-2:00pm
(test is not available on weekends)

Test Information

Patient Name: _____ DOB: _____
Last First MI

Spouse/Partner Name: _____ Physician: _____
Last First MI

(The following information will assist your physician in interpreting the results)

Date of Collection: _____ Time of Collection: _____ Time of Delivery: _____

Have you had a vasectomy? Yes / No Date: ____/____/____

Date of last sexual activity: _____

Was the entire sample collected? Yes / No

Was the sample collected by masturbation without lubricants? Yes / No

Container supplied by: Laboratory Physician Other _____

Were any problems encountered during specimen transport? Yes / No

Please describe: _____