



Semen Collection and Handling Instructions

Prior to Sample Collection

- 1) Prior to collection of semen sample, an appointment must be made with the DIRM scheduling staff. Walk-in appointments are not available.
- 2) Abstain from sexual activity or ejaculation for 48-72 hours (about 3 days) before your appointment. A 2–3-day abstinence typically results in a standard sample, while abstaining for 5 days is too long and may lead to diminished quality.

Sample Collection & Transport

- 1) Collection Methods: While masturbation in our office's private collection suite is the ideal way to collect a semen sample for testing or processing; other forms of off-site collection may be allowed, following a consultation with the physician or provider.
 - a) Masturbation
 - i) Make sure the genital area and glans (head) of the penis is clean, as any foreign particulate may render the test invalid or halt any processing for subsequent inseminations.
 - ii) The use of any lubricants (water, soap, gels) and/or condoms are prohibited as they are detrimental and toxic to sperm viability
 - iii) Collect the sample in a sterile specimen container, available from our office, a lab, or a local pharmacy.
 - iv) Ensure the entire sample is in the container to maintain quality/quantity. Notify lab staff if incomplete.
 - v) After collection, make sure container's exterior is clean and secure lid to prevent spillage.
 - vi) Label container legibly by providing your full name, partner's full name (if applicable), date and time of collection, and date of birth (DOB). The container must be accurately labeled before dropping the sample to the lab.
 - (1) If you are an outside patient, please also provide the lab with the fax number of the referring provider where the results will be sent.
 - b) Intercourse (*following a physician/provider consult*)
 - i) Collection by intercourse requires more supplies: sterile specimen container, Male Factor Pak (MFP). While the specimen container can be provided free of charge, the semen collection device will have to be purchased, and is always available at the front desk.
 - ii) After ejaculation, carefully remove the MFP and secure the top with provided closure device. Place the secured MFP in the provided container, secure lid, and label as above.
- 2) Sample Transport (*for off-site collection and intercourse samples*)
 - a) Samples need to be presented to the lab in our office within 60 minutes of the collection time. Place container upright in a non-see-through bag when transporting.
 - b) The temperature of a sample needs to be maintained as close to body temperature as possible. (i.e. placing the container in a coat pocket or under your shirt). Use of any heater is forbidden. It is important to avoid extreme temperatures or light to prevent damage and

Test Results

- 1) Results will be available within 7-10 days.
- 2) If you are an outside patient, please contact your referring provider for results.