

### **PATIENT INSTRUCTIONS – SEMEN COLLECTION**

1. Abstain from sexual intercourse or masturbation for 48-72 hours, but no longer than 5 days prior to collection.
2. Collect the specimen by masturbation and ejaculate into a clean plastic container provided by the laboratory. If masturbation is not possible, please consult with your doctor or the Hematology supervisor at the lab. The use of a condom is not acceptable.
3. Care must be taken to ensure that none of the semen sample is lost during collection.
4. Deliver the specimen to the laboratory within one hour of collection. Keep the specimen warm by placing the container in a pocket or close to the body during transport to the lab. Avoid temperature extremes during delivery to the lab.

**Patient,**

**Please fill out the form below and return this with your specimen:**

Name \_\_\_\_\_

Collection Date & Time: \_\_\_\_\_

Days of Abstinence: \_\_\_\_\_

Please circle method of collection:    Masturbation    Other (explain) \_\_\_\_\_

Please circle type of collection container:    Sterile Plastic    Other (explain) \_\_\_\_\_

Describe any collection or transport problems:

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