

## Semen Analysis Instructions

An accurate semen analysis depends on proper collection and transport of the specimen to the laboratory. Please follow the guidelines listed below:

1. Please call The Fertility Center of Oregon (ask for the andrology lab) at least 2-3 days ahead to schedule a semen analysis at 683-1559. The test can usually be scheduled Monday through Saturday mornings at 7:00 to 9:30 am.
2. The specimen should be obtained by masturbation after abstaining from sexual activity for at least two but no more than five days. We recommend that you wash your hands and urinate before collecting the specimen order to obtain the cleanest sperm sample.
3. Please do not collect the specimen in a condom and do not use any artificial lubricants when collecting the sperm sample. If you have any questions about collecting the specimen, we will be happy to discuss them with you.
4. Please deposit the entire specimen (very important) directly into the sterile container provided by the office and put the lid on tightly. (Try not to touch the inside of the container as it is sterile). If the entire specimen is not collected into the cup, please notify the lab staff when dropping the specimen off so that it can be noted.
5. It is very important to **label** the container with your name, your spouse's name and the time of collection. Please place the container into the plastic bag provided.
6. The specimen must be delivered within one-half hour of collection, or as soon as possible. The semen analysis specimen can be collected at home, but the test cannot be interpreted on specimens greater than one hour old.
7. Please deliver the specimen to The Fertility Center Andrology laboratory at 590 Country Club Parkway Suite A, in Eugene. Be sure to tell the office that the specimen is for a semen analysis to insure proper handling. Payment for sperm testing including semen analysis is required at the time of service unless other arrangements are made in advance. We cannot accept insurance billing for any Andrology Lab services. You will be given a copy of the office bill should you wish to bill your insurance company for these tests.
8. Please try to maintain the specimen at body temperature by tucking the container inside your clothing, next to the skin. It is very important to avoid exposing the specimen to extreme heat or cold.
9. You may call the office for results in one week or discuss them at your next visit.

