

Semen Analysis Instructions

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

1. Please call The Fertility Center of Oregon (ask for the Andrology Laboratory) at least two to three days ahead to schedule a semen analysis at 541-683-1559. The test is usually scheduled Monday through Saturday, 7:00 AM 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 in order to obtain the cleanest sperm sample.
3. The specimen can be collected in the collection room at The Fertility Center of Oregon. Collection can also take place at home, but the specimen must be delivered within one half hour of collection or as soon as possible.
4. Please do not collect the specimen in a condom and do not use any artificial lubricants when collecting the sample. If you have any questions about collecting the specimen using other methods please call us first before collecting.
5. Please deposit the entire specimen (very important) directly into the sterile container provided by the office with 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 so that it can be noted.
6. It is very important to **label** the container with your name, your partner's name, and time of collection. Place the container into the plastic bag provided.
7. 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.
8. If collecting elsewhere, please deliver the specimen along with the completed form on the reverse side and laboratory requisition to The Fertility Center of Oregon 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 is required at the time of service. We do not bill insurance 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.

PLEASE COMPLETE:

Male Patient Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Date of Birth: _____ **Phone:** _____

Female Partner Name: _____

Fertility Screen? Yes/No

Method of Collection: _____

Days of Abstinence: _____

Date/Time of Collection: _____

Diagnosis Code: _____



COLLECT SPECIMEN AT HOME OR AT OUR CLINIC:

Fertility Center of Oregon

590 Country Club Parkway, Ste A

Eugene, OR 97401