



## PATIENT'S FACT SHEET: **INSTRUCTIONS FOR SEMEN ANALYSIS COLLECTION and TRANSPORT**

Compliance with the following guidelines will help to insure a high quality specimen that will provide accurate information.

### **Testing Availability:**

Specimens for both Fertility or Post-Vasectomy are offered Monday thru Friday from the hours of 7:30AM to 1:00PM. No testing is done on either weekends or holidays.

**No specimens will be accepted at any other times and will be rejected.**

You **MUST** call (603) 577-2851 between the hours of 7:00AM and 5:00PM to schedule an appointment to bring your specimen for testing. This appointment is necessary since the laboratory performs only 2 per day due to the testing complexity.

**Specimens received without an appointment *will be rejected.***

### **Obtaining the Specimen:**

Ideally, the patient should abstain from any sexual activity prior to testing. Periods of less than 48 hours can result in decreased sperm concentrations. Intervals that exceed 4 days result in increased sperm concentration with a decrease in motility and viable forms.

Semen samples are best obtained by masturbation directly into a sterile container. Sample must be collected into a clean container free of chemical soap residues. Sterile containers may be obtained by the laboratory at Southern New Hampshire Medical Center or from your medical provider's office. The container must be labeled with patient's full name. You must also fill out the form accompanying the sample to the lab with the patient's name, date of birth, partner's name, date and time of collection, any medications currently being taken, ordering MD, # of days of abstinence, collection method and whether collection was complete.

The specimen **must** be brought to the lab **within 1 hour of collection and maintained at body temperature during transport.** This can be accomplished by placing the container into a bag and then in a pocket or wrapped in warm towels. Results will be available to the medical provider within 3 days.

### **Notes to Patient:**

Ordinary condoms must not be used as they contain a spermicide and make the semen unacceptable for analysis. Lubricants of any kind should be avoided, since most have spermicidal properties. Care must be taken to include the entire specimen. Loss of the first portion may result in decreased sperm count because this fraction contains the highest concentration of spermatozoa. Specimens should be obtained by masturbation and not by coitus interruptus (withdrawal).

Men with insurance which requires approval of PCP must get referral for semen analysis from their own PCP (not partner's PCP or gynecologist) prior to having semen analysis performed.