



Patient Instructions for Semen Analysis Collection

- All semen analysis must have a scheduled appointment. Please have your photo ID, insurance card, payment method (if applicable), and script from referring physician with you when you arrive at the office.
- To ensure precise results and abide by protocol standards, it is important that you **maintain 2-5 days of abstinence** prior to the day of your scheduled analysis. This means that you should not have an ejaculation (i.e. masturbation, intercourse, etc.) **less than two days or more than 5 days** prior to the collection of your specimen for testing. If you do not meet these guidelines please advise our Andrology laboratory staff immediately.
- Our lab staff will ask you to read over and initial labels that will be used to identify all patient materials. Please make sure your **name, date of birth and last four digits of your social security number** are correct on all labels before initialing.
- The specimen should be obtained by masturbation only. We ask **only the provided lubricant and sterile collection cup** be used for specimen collection. The use of other lubricants, condoms or saliva is prohibited and may lead to rejection of the specimen by the laboratory staff if used.
- Contamination of the specimen should be minimized. Please follow these guidelines:
 - ❖ Please wash your hands and genital area with soap and water prior to collecting the specimen.
 - ❖ Prevent contamination of the container by removing the lid just prior to ejaculation and replacing it immediately after completing the collection. Avoid touching the inside of the container with your hands or genital area.
 - ❖ **Interrupted intercourse is not an acceptable method of collection.**
 - ❖ Only ejaculation is necessary for analysis. If any part of the specimen is missed during collection, please notify laboratory staff.
- Results will be faxed to the referring physician approximately 1-2 weeks after your analysis. RMAPA Andrology laboratory is not able to release any patient results over the phone, all results must be obtained from your referring physician. If your partner is a patient at RMAPA, a nurse will call with results approximately one week after your analysis.