



West Virginia University
Center for Reproductive Medicine

Patient Instructions for Semen Specimen Collection

Your semen sample can be collected in a private room at the Center for Reproductive Medicine or you can collect the sample at home. We prefer to have the sample collected at the Center. Prior to collection of the semen sample, **observe at least 2 days but not more than 5 days of abstinence** (i.e., no ejaculations). Please wash hands thoroughly before collection. Collect semen into a sterile specimen cup by masturbation. Sterile cups are available at the Reproductive Endocrine Lab or from your doctor. Only sterile cups may be used and the use of lubricants should be avoided.

If the sample is collected at home or at a hotel, you must deliver the sample to the lab within **one hour** of collection. Do not expose the specimen to temperature extremes during transport to the lab. Try to keep the sample warm (close to body temperature). If it is cold outside place the sample close to your body (under your coat). Write your name on the sample cup and bring your specimen along with your doctor's orders to the Reproductive Endocrine Lab (address below) at the Center for Reproductive Medicine. You must bring in the sample. Specimens brought in by a spouse or significant other will not be accepted. Please bring photo ID to verify identity.

You do not need an appointment for a semen analyses. You may collect or deliver your sample during our working hours, which are:

Monday-Friday, from 8 AM-noon & 1:30 – 3:00 PM; Closed on Holidays

All other procedures, including sperm freezing and sperm antibody testing, require an appointment 24 hours in advance.

If you have any questions or need directions, please feel free to call us at (304) 598-3100.

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SEMEN ANALYSIS INSTRUCTIONS/ORDER FORM

Patient Instructions for Collection of a Semen Specimen

1. Refrain from ejaculation including masturbation for at least 2 but not more than 5 days.
2. The semen specimen should be collected by masturbation. Alternate methods may be discussed but are not recommended. A sterile specimen container is required and may be picked up at our office or your local pharmacy.
3. Please contact this office to make an appointment for the semen analysis.
4. Keep the specimen between room and body temperature.
5. Please record your (husband's) name, date and time that the specimen was collected on the specimen container.
6. The specimen should arrive for testing within about 1 hour of when the specimen was produced. If you are unable to deliver the specimen to the laboratory within this time, a private room is available at the laboratory for collection of the specimen or other arrangements may be discussed.
7. Please complete the form below and hand it to your laboratory representative upon arrival with the specimen.

Name: _____ DOB: _____ SS# _____

Spouse: _____ DOB: _____ SS# _____

Date: _____ Physician: _____ Phone: _____

Address: _____ Zip Code: _____

1. What time was the specimen collected? _____
2. Was any of the specimen lost during collection? _____
3. Date of last ejaculation prior to this collection: _____
4. Were there any problems collecting the specimen? _____