

# DEPARTMENT OF PATHOLOGY AND LABORATORY MEDICINE

## Patient Collection Instructions for Semen Analysis

### To ensure proper collection, please read the following instructions:

- › The sample for testing should be collected after a minimum of 48 hours but not more than seven days of sexual abstinence.
- › Sample for testing must be obtained by masturbation, without the use of lubricants. The patient should wash, rinse and dry hands and penis prior to collection of the specimen. The sample should be collected using a sterile collection container. The specimen container should be labeled with the patient's first and last name, date of birth and the date and time of collection.
- › The entire sample must be obtained. The first drop of specimen is the most concentrated and important for accurate assay. If the entire specimen is not obtained, repeat the sample collection on a later date. Do not submit specimen without adequate collection.
- › The test will not be valid if the patient has had a fever or cold symptoms during the week prior to collection. In the case of illness, patient should reschedule collection appointment for a later date.
- › Specimens collected at home must be received into the laboratory within 30 to 60 minutes of collection. Specimen should be kept at body temperature during transport to the laboratory. This can be accomplished by carrying the sample in an inside pocket or by holding against the body. If this is not possible, the sample should be obtained at the hospital.
- › Specimens may be collected at the facility using a private room for specimen collection. After collection, the specimen must be returned immediately to the laboratory.
- › Prior scheduling is required for onsite collection and when dropping off specimens collected at home. Atlantic Health System collection sites:
  - Morristown Medical Center: Call 855-862-2778 for an appointment. Appointments available Monday-Friday 7:00am to 1:00pm for complete semen analysis and 7:00am to 2:00pm for post vasectomy.
  - Overlook Medical Center: Call 855-862-2778 for an appointment. Appointments available Monday-Friday 8:00am to 10:00am with one maximum appointment per day.
  - Newton Medical Center: Call 973-579-8715 for an appointment. Appointments available Monday-Friday 8:00am to 1:00pm.
  - Chilton Medical Center: Call 973-831-5204 for an appointment. Appointments available Monday-Friday 7:00am to 11:00am.

### REFERENCE:

World Health Organization, *Laboratory Manual for Examination of Human Semen and Semen-Cervical Mucous Interaction*, 5th Edition, Cambridge University Press, Cambridge, 2010.

