

## Semen Collection for Semen Analysis (SA)

### GENERAL INFORMATION

- ***Photo identification is necessary to submit a semen sample to our laboratory***, whether the sample is delivered from home or it is produced in the collection room. ***There are no exceptions to this policy.***
- Refrain from ejaculating 2 to 3 days prior to the appointment date, but no longer than 5 days. Shorter or longer periods of abstinence may impair semen quality. You will be asked to report the date and time of collection and the number of days of abstinence.
- You will be given an appointment time for using the collection room.
- Avoid hot tub use and/or recreational drugs before providing a semen specimen. Sperm usually develop over a 70-90 day period. Even if you participated in these activities within the past 3 months, avoiding them within a short period of time before insemination may be helpful.

### SPECIMEN COLLECTION

- At your assigned time, check in with the receptionist and inform her that you are scheduled to produce a specimen. The staff will then check your identification and take you to the collection room.
- The lab will provide instructions, a collection container and a private area for specimen collection.
- The container must be labeled with your name (first and last) and date of birth. **Unlabeled specimens will be discarded.**
- The sample should be collected by masturbation, without the use of a lubricant. If necessary, a lubricant is available that has been tested by CARE for the Bay Area as reasonably safe to use. If being assisted by a partner, do not produce the specimen by having intercourse and withdrawing the penis prior to ejaculation or by oral sex. Both activities can lead to a suboptimal specimen, which may produce false results.
- Wash your hands thoroughly with soap and water prior to collecting the specimen. Collect the entire ejaculate into the sterile container.
- After collection, complete the provided questionnaire, indicating the following:
  - Date, time, location and method of collection
  - Days of abstinence (number of days from previous ejaculation)
  - Current medication(s)
  - If any portion of the specimen was lost or spilled during collection. Indicate which portion was lost or spilled in the comments section.
- Once the sample is collected, immediately place the lid on the container, then walk to the front desk with the container and place the container in a black round metal basket located in the front desk and completed paperwork. Please give the paperwork directly to one of our staff members at the front desk. Do not leave the specimen unattended in the collection room.