



Semen Analysis Instructions

Pick-up sample cup: Quest Diagnostics
123 Di Salvo Ave. Ste. 10
San Jose, CA 95128

Drop-off sample cup: 2369 Bering Drive
San Jose, CA 95131
Hours: 9:00am- 4:00pm
Drop off instructions:

- Please go toward the back of the facility, and ring the doorbell. Let them know that you are doing a drop off.

Instructions:

1. You must have abstained (**no ejaculation**) for a **period of 2-7 days** (ideally 3) **before** you collect the sample unless otherwise advised.
2. If you collect semen outside the laboratory, you must:
 - a. Keep the sample near your body temperature (77°- 104° F)
 - b. Deliver your sample to the laboratory within 30 minutes of collection
3. COLLECTION METHOD
 - a. Collect specimen by masturbation **ONLY**. Do not use saliva as a lubricant. The only acceptable lubricant is liquid glycerin available at your local drug store.
 - b. Collect the entire sample in the collection container provided by the laboratory. To avoid contamination, do not open the container until just prior to ejaculation.
4. PREPERATION FOR COLLECTION
 - a. Urinate
 - b. Wash genital area, using **WARM WATER ONLY**. Do not use soap on the genital area prior to collection. Soap may kill sperm.
 - c. Wash your hands with warm water and soap. Rinse thoroughly and dry.
 - d. Remove the cap from the specimen cup immediately prior to collection. Avoid touching the inside of the cup or the inside of the container lid.

5. COLLECTION

- a. Obtain the semen sample by masturbation.
- b. Ejaculate directly into the specimen cup. (The penis **should not touch** the inside of cup.)
- c. Collect the **ENTIRE** ejaculate.
- d. Replace container lid as soon as specimen is collected to avoid contamination.

6. FOLLOWING COLLECTION

- a. Wash your genitals and hands. (Soap may be used on the genital area after the sample has been collected.)
- b. Label your specimen container. Include the following information:
 - i. Your name
 - ii. Collection date
 - iii. **EXACT** time of collection
- c. Keep your sample at body temperature until handed to laboratory technologist. Your shirt pocket is ideal for transport since your body heat keeps the sample warm.
- d. Deliver to laboratory technologist **within 30 minutes** of collection.

7. **COMPLETE YOUR PATIENT INFORMATION FORM.** Deliver the semen specimen and the **PATIENT INFORMATION FORM** to the laboratory technologist. The technologist will review the information provided, and may ask for additional information.