

MALE FERTILITY AND SEXUAL MEDICINE SPECIALISTS

INSTRUCTIONS FOR SEMEN SAMPLE COLLECTION

- 1.) All semen sample testing is typically undertaken by appointment only. Payment is typically due at the time of service unless otherwise agreed to by the facility.
- 2.) The patient must abstain from sexual intercourse or masturbation for 2-5 days prior to collection. Longer or shorter periods are not recommended.
- 3.) The collection must be done exclusively by masturbation. The use of a condom should be avoided unless using a condom specifically designed for sperm collection (e.g., *Hy-Gene). Lubricants or saliva could harm sperm if they come in contact with the specimen. Therefore, caution should be used that the specimen is free from outside contaminants. Withdrawal or interrupted intercourse is not recommended because the sample may be contaminated with cells and debris from the vaginal tract.
- 4.) The specimen must be collected in a sterile container, which will be furnished, by Dr. Bastuba or the laboratory performing the testing on the semen sample.
- 5.) **The specimen must be delivered fresh to the laboratory within one hour of collection.** During transport, the specimen must be maintained at a temperature between 70-90 degrees. Wrapping a specimen container with a tissue paper or towel is one means of maintaining this temperature. Another means would be keeping a specimen in a loose blouse or shirt during transport to the laboratory.
- 6.) A suitable semen sample collection room is typically available at the laboratory for most collection centers in the instance that the patient prefers to produce the specimen at the facility performing the testing.
- 7.) Specimens for complete semen analysis typically need to be received by the early morning hours during weekdays unless other arrangements are made with the testing facility. Semen testing is typically best performed at centers that specialize in this particular type of testing and do multiple specimens each day. Dr. Bastuba may refer you to a specific center that is not covered by your insurance company. In general, it is wise to follow this suggestion and pay cash for the semen analysis as facilities that do only a few specimens each month may give very misleading information, which can delay appropriate, care.
- 8.) *Hy-Gene seminal fluid collection kits are available from Apex Medical Technologies at a cost of \$14.95 per kit. They are located in San Diego (800-345-3208). Notify the company if you desire direct mail delivery to your home.

M. Bastuba, M.D.

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