



Laboratory Services

A Department of Rutland Regional Medical Center

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How to Collect a Specimen for Semen Analysis

Specimens accepted: Monday through Thursday, 7am-4pm

DIRECTIONS FOR PATIENTS: Please follow Step 1 through Step 5

❖ **Specimen collection:** Deliver the specimen to the First Floor Blood Draw Station within 4 hours of collection.

Step 1: Get Ready for the Test

- ⇒ Abstain (no ejaculation) for 2-7 days before you collect sample
- ⇒ **REMINDER: SAMPLE MUST BE BROUGHT TO THE LAB WITHIN 4 HOURS OF COLLECTION**

Step 2: Get the Collection Jar Ready

- ⇒ Use the sterile, wide-mouth container provided by the lab or your doctor.
- ⇒ **Write your name, date of birth, the date and the time of collection on the label supplied.**
- ⇒ Attach the label to the side of the container.
- ⇒ You are now ready to collect the sample.

Step 3: Get Ready for the Collection

- ⇒ Make sure you urinate first.
- ⇒ Wash your genital area with warm water and dry area gently. Do not use soap on the genital area prior to collection as this may kill the sperm.
- ⇒ Wash your hands with soap and warm water; rinse thoroughly and dry.
- ⇒ Remove the lid from the collection jar

Step 4: Collect the Sample

- ⇒ You must collect the sample by masturbation.
- ⇒ Do not use saliva or any other lubricant when you collect your sample.
- ⇒ Do not touch the inside of the collection jar.
- ⇒ Collect the entire sample in the collection jar.
- ⇒ Place the lid on collection jar and close.
- ⇒ If you are unable to collect the sample by masturbation, talk with your doctor.

Step 5: Pack Up Sample and Deliver to the Lab

- ⇒ Place collection jar into a bag.
- ⇒ Bring the lab order form from your doctor.
- ⇒ To keep your sample at body temperature, place inside your shirt or another pocket that is close to your body.
- ⇒ **VERY IMPORTANT: SAMPLE MUST BE BROUGHT TO THE LAB WITHIN 4 HOURS OF COLLECTION**

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