

INSTRUCTIONS FOR SEMEN ANALYSIS COLLECTION

Call Wyoming Medical Center Laboratory 1 hour **BEFORE** collection at 307-577-2365

Valid Physician Order Required

- A. All appointments must be made between the hours of 8 AM – 2 PM, Monday – Thursday **ONLY** and not the day before a holiday. If the holiday falls on a Saturday, the holiday will be observed on the preceding Friday. Sunday holidays are observed on the following Monday. **NO testing is performed on weekends. NO testing done or specimen collected without a valid physician order.**
- B. Semen analysis collection kits can be obtained at:
1. Wyoming Medical Center Prehospitalization (kit pickup only). Specimen drop off and collection site – 1233 E 2nd St., center tower, second floor, proceed to Lab Reception (first door to your left from South Link).
- C. Specimen **MUST** be collected and received in the lab as close to shipping time as possible.
1. Container required: Semen analysis kit (sterile collection cup, instructions, biohazard bag)
 2. Specimen required: Total Ejaculate
 3. Collection instructions: Patient should have 2 to 7 days of sexual abstinence at the time of semen collection for accurate results.
 4. Label sterile collection container with (please print) FIRST and LAST legal name and DATE OF BIRTH (if these 2 things are not on the collection container the specimen will be rejected)
 5. Call the core laboratory at 307-577-2365, 1 hour **BEFORE** collection.
- D. Instructions for Semen collection – Your physician has requested you submit a semen sample by masturbating and ejaculating into a container.
1. Wash your hands and genital area with soap.
 2. Rinse thoroughly so all soap is rinsed away. Soap will kill sperm.
 3. Open container. Do not touch the inside of the container.
 4. Masturbate to ejaculation. Other methods of collection may compromise your specimen and you may be required to provide another one.
 - a. Abstain from ejaculation for a minimum of 2 but not longer than 7 days before collecting the specimen.
 - b. Do not use lubricants as many lubricants can kill sperm.
 - c. Avoid vaginal and oral secretions which will contaminate your specimen.
 5. Deposit all your semen into sterile container. Do not touch inside of container.
 6. Tightly secure cap onto container.
 7. Keep container upright.
 8. Wash your hands.
 9. **Return specimen within 15 minutes of collection to the core laboratory (1233 E. 2nd St, center tower, second floor, proceed to Lab Reception, first door on your left from the South Link). Ask for orange card and complete questionnaire before leaving specimen with lab staff.**
DO NOT ALLOW SPECIMEN TO SIT FOR ANY PERIOD OF TIME BEFORE RETURNING IT TO THE LAB AT 1233 E. 2ND ST. COMPLETE QUESTIONNAIRE ON ORANGE CARD.
 - a. If transporting the specimen, protect the specimen from temperature extremes
 1. Keep specimen away from direct sunlight or other bright lighting
 2. Maintain specimen as close to body temperature as possible
 3. Do not heat the specimen above body temperature
 4. Do not allow the specimen to drop below 70 degrees Fahrenheit, as cold temperature will adversely affect sperm.