

For use with semen samples for full exam and sperm preparations for intrauterine insemination

A semen analysis is not just a simple sperm count. It is an accurate measurement of the number of sperm, their ability to move (motility), and the percent of normal morphology (shape). For these reasons, we would appreciate your cooperation in collecting your semen specimen according to the following instructions:

SEMEN ANALYSIS: INSTRUCTIONS FOR COLLECTION OF A SPECIMEN

1. You must call the laboratory (323-5480), prior to ***date of specimen collection***, and schedule an appointment for the semen analysis. WALK IN SAMPLES WITHOUT AN APPOINTMENT WILL BE REJECTED!
2. Specimens will be received between the hours of 8:00am and 3:00pm, exceptions will be made on a case by case basis.
3. Collection of the semen by masturbation is preferred. Alternative methods such as withdrawal from intercourse or condoms are not accepted. Most accurate results are obtained when patient has not ejaculated for 3-5 days.
4. Your doctor will provide a sterile specimen cup for you, or you may pick one up from the lab. Please avoid touching the insides of the cup when collecting. If any semen is spilled, DO NOT attempt to transfer the spill into the cup, but note collection error on question 2.
5. Bring the specimen Sanford Bismarck Laboratory 1st Floor at 222 North 7th Street, Bismarck, ND within 30 minutes of collection. Protect the specimen from extreme temperatures. One way to do this is to place the cup inside a foam rubber can cozy (cooler) and keep it close to your body. If you are unable to deliver the specimen to the lab within 30 minutes of collection, arrangements need to be made for a room to collect at the laboratory or at the physician's office.

THE FOLLOWING INFORMATION **MUST** BE FILLED OUT AND ACCOMPANY THE SPECIMEN TO THE LAB:

NAME: _____ DOB: _____

COLLECTION METHOD: _____ MASTURBATION _____ OTHER-Explain _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

PHONE: _____ PARTNER'S NAME: _____

ORDERING PHYSICIAN: _____

1. WHAT TIME WAS THE SAMPLE COLLECTED? _____
2. WAS ANY PORTION LOST OR SPILLED DURING COLLECTION? _____
3. I WAS ABSINENT (DID NOT EJACULATE) FOR _____ DAYS BEFORE PRODUCING THE PRESENT SAMPLE.
4. WAS THE SPECIMEN EXPOSED TO TEMPERATURE EXTREMES? _____ If yes please explain

