

### **Patient Semen Collection and Handling Instructions**

1. Refrain from any sexual activity for at least 2 days but not more than 5 days. Longer or shorter periods of abstinence may result in abnormal results and may require a repeat test.
2. It is preferred that the sample be collected at the office in a private room. However, samples can be collected off-site if the sample can be delivered within 45 minutes of collection. If collected off-site, the sample should be protected from temperature extremes and from direct sunlight. This is done by wrapping the collection cup with a paper towel and placing in a small bag or inside a shirt or blouse next to your skin. You will need to obtain an approved container from our office prior to your appointment.
3. The semen sample should be collected by masturbation into the sterile plastic cup provided by the office. Samples collected in **unapproved containers will not be accepted** and you will have to schedule a new appointment.
4. Other methods of sample collection, such as withdrawal or oral sex, are not acceptable because of sample contamination and/or loss. Collection by these methods can produce abnormal results, which could lead to improper treatment.
5. If you feel you cannot or will not collect by masturbation, a special condom can be provided for a fee. This will need to be obtained prior to your appointment, so that you can bring the sample in at your appointment time. Commercial condoms should not be used because they contain spermicides, which will alter the results.
6. Lubricants, saliva, or creams should be **avoided** as they can also alter the results. If you feel you need a lubricant you can obtain it when you get the collection cup from our office. Avoid getting any of the lubricant in the collection cup. This can be done by using only a small amount and keeping it off of the tip of the penis.
7. **Semen analyses are done on an appointment-only basis** and can be scheduled by calling **(214) 383-2600**. At that time you will need to provide husband's name and SSN, wife's name and SSN and where the sample will be collected. Appointments are necessary, whether the sample is collected on- or off-site, to ensure that your sample will be analyzed in a timely manner. At the appointment you will need to provide your driver's license or other government issued photo ID for proper identification.
8. Your insurance will be verified, however if coverage is not available then our cash price for the semen analysis test is **\$90.00** and is due at the time of service.
9. All patients are required to have written doctor's orders requesting a semen analysis at the appointment. This is to ensure we do the appropriate tests and know where to send the results.