



El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

Instructions for semen collection

Confirm the location and hours of the lab you will be using. Not every lab accepts semen specimens, so call the lab you plan on using to confirm the location of the nearest facility that accepts semen specimens for analysis. Also confirm the hours. If you cannot drop off a specimen to that location during business hours within 30 minutes of collection, the specimen can be collected at the location itself. To collect the specimen onsite, call first to check if you need an appointment.

1. Abstain from sexual intercourse & ejaculation for 72 hours (3 days and 3 nights). It is not recommended to abstain for longer than 5 days before collection.
2. Urinate, then wash and rinse hands and penis thoroughly.
3. The specimen is obtained by masturbation, ejaculated directly into the provided sterile container. Do not use a condom. It is important that the ejaculation is complete and that the entire specimen is collected.
4. Replace the lid and fasten tightly. **Label the container** as follows: **Patient's name**, the **date** of collection, and the **exact time** of collection. Place the label on the side of the container, not the lid.
5. Deliver the specimen to the lab within **30 minutes** of collection, keeping the specimen at body temperature by keeping it within the clothing, preferably next to the skin. If delivery within 30 minutes is not possible, the specimen may be collected at the lab's comfortable and private collection facility.

The following information is for your convenience, **but not necessarily up to date**. Please call to confirm any details prior to specimen collection & drop-off.