NEWTON-WELLESLEY HOSPITAL
DEPARTMENT OF LABORATORY SERVICES/HEMATOLOGY

SEMEN COLLECTION INSTRUCTIONS: SEMEN SAMPLE
HOURS: MONDAY-FRIDAY 7AM – 2PM (EXCLUDING HOLIDAYS)

1. **The ideal period of abstinence (which includes masturbation) is 2 – 7days.** Periods of less than 48 hours can result in decreased sperm concentrations. Intervals that exceed 7 days result in increased sperm concentrations with a decrease in motile and viable forms.

2. **The best method for collection of seminal fluid for routine semen analysis is masturbation directly into a clean, dry, wide mouthed glass or plastic container (urine specimen cup).** Lubricants or oils should not be used to facilitate collection. Soft plastic (baggie) may result in reduced motility. Containers from home must be clean, dry, and free of soap residues. The use of a condom is contraindicated because it is difficult to retrieve the entire specimen and most commercially available condoms contain spermicidal substances.

3. **The specimen should be brought to the main hospital laboratory within 1 hour of collection and maintained at body temperature during transport.** This can be accomplished by carrying it in an inside pocket or by holding it against the body with undergarments.

4. Coitus interruptus and oral collections are not acceptable because of bacterial contamination and pH changes. Incomplete collections may not be reliable representations of the sample since the first portion, which contains the highest concentration of spermatozoa, is lost.

******************COMPLETE THE FOLLOWING FORM******************
Form must accompany specimen when brought to the lab

PATIENT NAME: _____DOB_____

PARTNER'S NAME: _____
DAYS OF ABSTINENCE: _____

METHOD OF COLLECTION: DIRECTLY INTO CONTAINER [ ]
OTHER [ ]

DATE COLLECTED: _____TIME COLLECTED: _____

ANY SPECIMEN LOST IN COLLECTION: YES [ ] OR NO [ ]
TIME DELIVERED (IF COLLECTED AT HOME): _____
SPECIMEN TRANSPORTED AT BODY TEMP: YES [ ] OR NO [ ]