

# Semen Analysis Specimen Collection Instructions



URMC  
LABS

An appointment is required for all collections

Appointments are available Monday - Friday, 7:00AM- 2:30PM

at the the Outpatient Lab in Strong Memorial Hospital

Please call (585) 758-0510 to schedule

## Patient Collection Instructions

- For best results, specimen should be collected on-site at the time of appointment.
- You should have an ejaculation 2-4 days prior to your appointment and then abstain until the day of your appointment.
- Semen specimen must be collected into a sterile specimen container (available at your doctor's office or any URMCLabs Patient Service Center). Alternately, you may use a special spermicide-free condom that is not toxic to the sperm. This is available ONLY at the Outpatient Lab at Strong Memorial Hospital. Do not use commercially available condoms since these contain spermicidal agents that will alter the results.
- For on-site collections, please arrive 5-10 minutes prior to your appointment.
- For at home collections, please deliver your specimen to the Outpatient Lab at Strong Memorial Hospital no more than 45 minutes after ejaculation. Keep the specimen as close to body temperature as possible. If you are unable to deliver the specimen in that time frame, please schedule an appointment to collect the specimen in a room provided at the Outpatient Lab.
- Results will be sent directly to your doctor. Please contact your doctor's office for any questions regarding your results.
- If your doctor has given you a lab requisition, please bring it with you along with your current insurance card to your appointment.

Please complete the form below at the time of collection.

Please label your specimen with your full name, date of birth, and date/time of collection.

Patient Name: \_\_\_\_\_  
FIRST LAST

Date of Birth: \_\_\_\_\_  
M M / D D / Y Y

Referring Doctor: \_\_\_\_\_

1. Type of collection container:

\_\_\_\_\_ Sterile Cup \_\_\_\_\_ Spermicide-free condom (must be placed inside sterile cup)

2. Time collected: \_\_\_\_\_ AM / PM

3. Was any of the specimen lost or spilled during collection? (Circle one) YES NO

4. Was the sample kept at approximate body temperature during transport? (Circle one) YES NO

5. How many days did you abstain (did not ejaculate) before this specimen? \_\_\_\_\_

6. Method of collection:

\_\_\_\_\_ Masturbation \_\_\_\_\_ Oral stimulation \_\_\_\_\_ Intercourse

7. Is this sample a post-vasectomy collection? (Circle one) \_\_\_\_\_ YES \_\_\_\_\_ NO \_\_\_\_\_ Reversal



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URMC LABS  
University of Rochester Medical Center  
601 Elmwood Avenue  
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★ OUTPATIENT LAB 1-1345  
is located off lobby

→ Arrows denote route to parking and lab