

APPOINTMENT REQUIRED FOR ALL SERVICES



Dr. Kathleen Hoeger Dr. Erin Masaba Dr. Snigdha Alur-Gupta
Dr. John Queenan Dr. Wendy Vitek

500 Red Creek Dr., Suite 220, Rochester, NY 14623 Phone: 585.487.3378

Patient Name: _____ Date of Birth: _____
(Print Full Legal Name of Patient Collecting Semen Sample)

Partner Name: _____ Date of Birth: _____
(Print Full Legal Name of Partner, if Applicable)

Physician: (check the applicable box below)

- Dr. S. Alur-Gupta Dr. K. Hoeger Dr. E. Masaba Dr. J. Queenan Dr. W. Vitek Dr. J.S. Gabrielsen Kriston Ward, NP
- Jamie Feingold, NP Amanda Callanan, PA Lauren Heppner, FNP Other: _____

Medications/Supplements (within past 3 months): _____

Travel? If so, where and when: _____

Known exposure to COVID-19 or COVID-19 infection within the last 3 months? If so, when: _____

Days Since Last Ejaculation: _____

*******To be completed after sample collection*******

Time Specimen Collected: _____ AM PM

Were you able collect the entire sample in the provided sterile container? (Please check one) Yes No

If **NO** was checked, was the first part of the ejaculate lost? (Please check one) Yes No

I understand that this sample will be used for (Please initial at least one of the options listed below):

1 _____ Semen Analysis
Initial

2 _____ Semen Cryopreservation for (*Additional Consent Required):
Initial Fertility Preservation Convenience banking (Back-up for IUI or IVF)

3 _____ IUI or IVF insemination procedure
Initial

BY SIGNING BELOW, I VERIFY THAT I AM THE PATIENT LISTED ABOVE AND THAT I AM SUBMITTING MY SEMEN SAMPLE TO STRONG FERTILITY CENTER FOR THE PURPOSE OF THE ASSISTED REPRODUCTIVE TECHNIQUE(S) LISTED ABOVE.

Signature of Patient Collecting Semen Sample

Date

SAMPLE DROP OFF CONSENT

BY SIGNING BELOW, I ACKNOWLEDGE THAT I AM UNABLE TO DELIVER MY SEMEN SAMPLE TO STRONG FERTILITY CENTER AND THAT

_____ HAS MY PERMISSION TO DELIVER MY SEMEN SAMPLE
(Print Full Legal Name of Person Dropping Off Sample) _____
Date of Birth

TO STRONG FERTILITY CENTER ON MY BEHALF. I AM ENCLOSING A COPY OF MY DRIVER'S LICENSE TO VERIFY MY IDENTITY.

Signature of Patient Collecting Semen Sample

Date

SFC USE ONLY	
Photo ID verified by:	Date:
Sperm Cryo Consent verified by:	Date

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DROP OFF SPECIMEN

1. Schedule your appointment *before* dropping off your sample. **You must drop off the specimen at your scheduled appointment time. So, plan your time of collection accordingly.**
2. Abstain from ejaculation (no intercourse OR masturbation) for **2-5 days** before your scheduled semen analysis. Do not abstain for longer than 5 days.
3. Patient or partner may drop off specimen within 1 hour of collection. Specimen must be received by laboratory within **1 hour** after ejaculation. If you are not able to drop off sample within 1 hour of ejaculation, please notify clinic staff ASAP so arrangements may be made for you to pick up collection media from the clinic ahead of time. Please follow instructions for collection on following page for: COLLECTION PROCEDURE FOR DROP OFF >1 HOUR, WITHIN 2 HOURS.
4. **Neither patient nor partner dropping sample** may have **fever, cough, sore throat, muscle aches, shortness of breath, a positive test for COVID-19 within the last 10 days or if unvaccinated have had exposure to COVID-19 within 10 days.**
5. Collect the specimen by manual masturbation into the provided, lab-approved sterile container. *Do not use lubricants, ointments, or saliva*, as they may interfere with sperm vitality or function. *Collection of semen by intercourse using a traditional store-bought condom or by oral stimulation may yield suboptimal samples and should be avoided.* If you need to provide semen by intercourse for religious reasons, you may purchase a special collection condom kit called "Male-FactorPak," which can be found through online e-tailors like Amazon. In such cases, ensure that the expiration date provided on the package has not passed, collect at home, and carefully follow the instructions provided with the collection kit. Please do not use traditional store-bought condoms or unapproved collection cups. They are harmful to sperm, and we may need to reject the specimen.
6. After collection, tightly secure the lid of the specimen cup so it is completely sealed.
7. Place cup on hard surface (i.e. table), and **gently swirl cup while upright on hard surface for 8-10 times**, keeping specimen at the bottom of the cup. *Do not shake or invert sample.*
8. Care should be taken to carry the specimen in the sealed collection container upright and close to the body if ambient temperature is < 74°F (23°C) to avoid exposing sperm to extreme temperatures. Do not touch the inside of the collection cup, as contamination may occur.
9. You must present a valid, government-issued photo ID when delivering the specimen to our lab. Acceptable forms of ID are: State Driver's License, Military ID, or Passport.
10. **If your partner is dropping off your sample, you must indicate this by signing the consent to deliver specimen section on the first page. Your partner will need to present a copy of your government-issued photo ID (picture on phone is acceptable) AND their own photo ID when delivering the specimen to our lab.**
11. Completely fill out the Specimen Collection Information form, and return it, along with your specimen. If you are unable to download/fill out the forms, please arrive 15 minutes early to fill out the forms.
12. Once the physician has reviewed and signed off on your results, they will be loaded into your MyChart patient portal.
13. If you have any questions, please send a message via the MyChart portal system. Contact the front desk if you need assistance with MyChart account setup.
14. Please note that your specimen may NOT be accepted if:
 - More than 20 minutes late for scheduled drop off time
 - Patient or partner have fever, cough, sore throat, muscle aches, shortness of breath, or have had exposure to COVID-19 in the last 10 days
 - Collected in unapproved collection cup
 - Collection cup is cracked, broken, or leaking
 - Collection cup is hot or cold to the touch
 - Collection cup is not labeled with the following information:
 1. Patient's first and last name
 2. Patient's date of birth
 - If specimen was received greater than 1 hour after ejaculation.
 - Specimen brought in by unscheduled walk-in

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COLLECTION PROCEDURE FOR DROP OFF > 1 HOUR, WITHIN 2 HOURS

Home Collection with Collection Media:

1. Place Collection Media in refrigerator until 1-2 hours prior to specimen collection.
2. 1-2 hours prior to ejaculation, allow the media to warm by placing it out on a countertop or other stable surface. The collection media must reach room temperature (72-77°F) prior to collection so that sperm is not cold shocked.
3. Once ejaculate has been collected into the collection cup, gently tap cup on hard surface to allow ejaculate to settle to bottom of the cup.
4. Open the collection media. *Be careful not to spill or lose any media, as it is pre-measured so that the lab may calculate accurate sperm counts.*
5. Slowly pour collection media over the ejaculate, and avoid splashing. Make sure that ALL of the collection media is poured into the cup.
6. Tightly secure top of collection cup.
7. **Gently swirl the cup on a hard surface to ensure that the ejaculate and collection media are well mixed. Keep cup upright. Do not invert cup.**
8. Follow transport instructions on the previous page.
9. If you have any questions or concerns regarding these instructions, please call the SFC Andrology lab (585-487-3397).