

INSTRUCTIONS FOR SEMEN ANALYSIS

We realize this is a sensitive and personal matter, and we will make every effort to maintain confidentiality while ensuring proper sample handling and identification.

1. The specimen should be obtained by masturbation after approximately 2–5 days of abstinence, or as directed. It should be delivered to the laboratory within 1 hour of collection. The specimen must be transported at a temperature between room temperature and body temperature. If either of these conditions cannot be met, please discuss this with your doctor or nurse prior to collection. We also offer state-of-the-art onsite collection rooms should the above requirements be a concern.
2. **Wash hands and penis thoroughly and rinse well to remove soap residue.** DO NOT use a condom or lubricant. **If you do need to use a condom, please ask the nurse or REI laboratory staff for a special condom. DO NOT use over-the-counter condoms.**
3. Ejaculate directly into the STERILE CONTAINER. If you do not have a container, you can obtain one from the REI/ART lab or clinic, or any local laboratory. Be sure that the collection is complete and that the entire specimen is collected, especially the first portion. If some of your sample spills, DO NOT ATTEMPT TO COLLECT IT – DISREGARD ADDING IT TO THE SAMPLE. PLEASE LET THE LAB TECHNICIAN/EMBRYOLOGIST KNOW WHAT HAS OCCURRED.
4. If a mylex sheath must be used, please discuss this directly with clinic personnel.
5. Be sure to secure the lid tightly.

DELIVERY OR COLLECTION OF THE SPECIMEN

1. You may deliver or collect the specimen on WEEKDAYS BETWEEN 7:30 A.M. AND 11:00 A.M. at the REI laboratory on the first floor of **1195 W. Fremont Ave., Sunnyvale, CA 94087.**
2. Check in at the front desk. When you are called, the laboratory will ask you to complete a Specimen Identification Acknowledgement. Label the container with the labels we provide. **You must provide a valid photo ID.**
3. If you would like to collect the specimen at the clinic, we offer three specially designed collection rooms. Information on the collection rooms will be provided by laboratory/clinic staff at time of laboratory check in.
4. Specimens for semen analysis
 - a. Semen analysis is **ONLY** performed Monday through Friday and **NOT** on weekends or holidays.
 - b. Results are reported to your physician or clinic with 24 hours.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL US AT (408) 426-5492.

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