

**GENESIS OB/GYN, INC.**

**SEMEN ANALYSIS COLLECTION INSTRUCTIONS**

**SEMEN SAMPLE COLLECTION:**

**Abstain from ejaculation for 48-72 hours, as well as any ibuprofen, antihistamines or alcohol.** These can have a definite negative effect on the semen result.

**Avoid hot showers (warm is fine) 48-72 hours prior to collection. This includes hot tubs also!** This can destroy sperm.

Ejaculate into the jar provided, or use a small baby food jar. Clean and rinse jar thoroughly with **soap and hot water** to be sure the jar is clean. A dishwasher will sterilize it well. **Glass jars** are preferred as some plastic containers can destroy sperm.

**PLACE YOUR NAME, DATE, AND TIME OF COLLECTION ON THE CONTAINER.**

**Bring the specimen to the lab as soon as possible after it is collected -- WITHIN 30-45 MINUTES!** Keep the sample as close to the body as possible, to keep it warm; under an arm or in a pocket works well. **If the sample cannot be brought to the lab within the 30-45 minutes,** discuss the possibility of providing the sample in the hospital.

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