

## Patient Instructions for General Fertility Test: Semen Specimen Collection

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**Your semen specimen can be brought by yourself to the Urology Clinic only if:**

- It can be in the laboratory within one hour of collection, and
- It is kept at room temperature during that time.

It is suggested, however, that you create your semen specimen while you are at the Urology Clinic. Your semen specimen deposit should be scheduled in advance by Kathy Stevens: call 434-924-9548 or 434-924-9560.

**Please note the following important instructions and guidelines for semen collection:**

- The sample should be collected after a minimum of **2 days**, and a maximum of **7 days**, of sexual abstinence.
- If you choose to collect the specimen at home, it **must** be collected in a clean specimen container with a secure lid, such as one with a screw-on cap. Do **not** bring the specimen in a bag, or a condom, etc.
- The specimen must be collected by masturbation directly into the container. Avoid use of lubricants as they are toxic to sperm. It is important to collect an entire specimen and it is critical that you notify the lab if any of the semen was lost.
- Because sperm are very sensitive to temperature changes that might be encountered during transport, the best place to collect the specimen is here in the Urology Department. We have a private room at the clinic that is available for collection, and we will provide you with a collection container.
- If you perform the semen collection at home, please make certain that you download the “Patient Instructions For Fertility Semen Specimen Collection” PDF form located at this area of the Urology web site. Please print the form, complete the fill-in area, and bring the printed form when you bring your semen sample to the clinic.  
(Note: if this form is not currently on the web site, please obtain a copy at the Urology Dept.)
- If you perform the semen collection at the Urology Clinic, this form data will be filled out in conjunction with your visit.
- The test results will be sent to your physician and will be discussed with you at the time of your next appointment--or you may contact your physician directly for the results.
- If your insurance company requires an authorization number and/or a referral letter from your family/primary care physician, please make sure you have this taken care of before you come in for your appointment.