Semen Collection and Delivery Instructions

Please follow these instructions for proper collection and delivery of your semen sample.

* Abstain from ejaculation for two to four days prior to your appointment. Do NOT abstain longer than seven days.
* The sample must be obtained by masturbation **without** the use of lubricants.
* Ejaculate the ENTIRE sample into a clear plastic/glass container that can be securely closed.
	+ We recommend using a "urine specimen cup" with a screw on lid.
	+ You may pick up a container at any of our locations prior to your appointment.
* If not providing the sample in our office, please keep the sample at body temperature while you deliver it.
	+ Keep the specimen near your body.
		- A pocket in your pants or shirt works well.
	+ Do **NOT** allow the sample to experience extreme hot or cold.
* Make a note of the time you provided the sample. The semen must be at our lab within 60 minutes of obtaining it or it may be rejected. It is preferred to have the sample delivered within 45 minutes.
* Please complete the form at the bottom of this page to bring with your sample.
* You may bring the sample to Suite 105 in the lower level of our office at 3319 Spring St., Davenport.

\*\*Samples can be rejected for the following reasons:

* Delivery of the sample outside the 60-minute window.
* Incomplete collection of the entire ejaculate, including post-ejaculate spills.
* Samples that have been subjected to extreme conditions – heat or cold.
* Use of lubricant.

Please do not hesitate to call the Davenport office at 563-359-1641 with any questions. Please ask to speak to the Lab Manager.

Please fill out this form and submit it with your sample.

Full name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Referring Provider:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date and Time of collection:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many days did you abstain from ejaculation prior to sample collection:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has any portion of the sample been lost? Yes:\_\_\_\_\_ No:\_\_\_\_\_