

## Delaware Valley Institute of Fertility & Genetics

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(856) 988-0072

### *Instructions for Collecting Semen Specimen*

In order to obtain correct results of your semen analysis test, please review the requirements listed below.

1. **Abstinence of 2-5 days is required** prior to performing this test. This means no sexual relations or ejaculation for at least two days, but not more than five days.
2. The specimen should be collected in our office room (Marlton) and must be in a sterile container provided by our office. The immediate delivery of the specimen will reduce any changes to the specimen due to transportation variables. Extremes of temperature, exposure to light, or a delay in specimen arrival to laboratory could adversely affect your specimen.
3. The specimen is to be collected by masturbation. No lubricants can be used, as these may affect the integrity of the specimen and alter the test results.
4. The **entire** specimen must be collected into the sterile specimen container provided by the laboratory. Any loss (spillage) of the specimen must be reported to the technician receiving the specimen.
5. When you arrive at the laboratory, please label the specimen container with your first and last name prior to collection.

**You must have a scheduled appointment for any laboratory testing.** Please make arrangements by calling (856) 988-0072.

**Please Note: When you come for your scheduled appointment you should bring all necessary insurance information (referrals, prescriptions if necessary) and a valid picture ID (driver's license or equivocal).**