



Semen Collection Instructions

Specimen samples may be collected at home or at the following Express Lab locations. 3910 Washington Parkway Ste. C, Idaho Falls, Idaho or 444 Hospital Way, Bldg 100 Ste 224, Pocatello, Idaho. Samples need to be submitted within 30 minutes of collection to the Laboratory between the hours of 8:00 am – 5:00pm. Although our laboratory is not optimally set up as a patient care area for sample collection, alternate arrangements may be made by utilizing a patient room or restroom. If sample is collected on-site, please leave sample on counter in room collected and notify the front desk when you are leaving. Laboratory personnel will retrieve sample from the room.

Patient Instructions

1. Refrain from any sexual activity including masturbation for 3 days prior to the collection date.
2. The semen specimen should be collected by masturbation and ejaculated in to a clean dry container. The entire sample must be collected. Incomplete samples will not be analyzed, particularly if the first portion of the ejaculate is lost. The sample may be collected at home and brought directly to the Laboratory within 30 minutes of collection.
3. Coitus interruptus is not acceptable as a means of collection because it is possible that the first portion of the ejaculate, which usually contains the highest concentration of spermatozoa will be lost.
4. Lubricants, condoms, or condoms with spermicides or powders should not be used for semen collection because they will interfere and alter the results of the analysis. Avoid contamination of the sample with urine.
5. **After collection the specimen should be kept as close to body temperature as possible. Keep the sample next to your skin if possible. Do not expose the sample to extreme temperatures.**
6. If you have any questions, please feel free to let us know.

Thank you.

