

PATIENT INFORMATION SHEET

GENERAL INFORMATION

Please do not feel embarrassed about this test, as examination of semen is an important and relatively simple part of any male fertility assessment. It is therefore in your best interests that you carefully follow the guidelines below.

COLLECTION PROCEDURE

Period of abstinence.

You should refrain from both sexual intercourse or masturbation for 3 - 5 days prior to collecting the specimen for analysis.

Method of collection.

You will be given a container to take home with you for collection of the specimen.

The best method to collect a semen specimen is masturbation **directly** into the container. Interrupted intercourse is an alternative method, but commonly results in the first and important part of the specimen being lost and is therefore not recommended. Specimens collected into condoms are unsatisfactory for testing as the lubricants kill sperm.

It is important that you try to collect the **full volume** of the specimen.

Plan to collect the specimen in the morning and take it to the closest collection centre within 1 – 1 ½ hours, as any significant delay can affect the results.

Please complete the label on the container with your name, the date and time you collected the specimen, the method used and the date you last ejaculated. (Ideally no longer than 7 days).

Transport.

Keep the specimen at **room temperature** during transport. Do not refrigerate the specimen as extreme temperature changes can affect the results of analysis.

If you have any additional questions or require further information please contact one of our pathology collectors at the room you attended or the collection Co-ordinator at the Central Laboratory on **9736 7000**.