

INSTRUCTIONS FOR OBTAINING SEMEN FOR INSEMINATION

1. The specimen should be obtained by masturbation after at least 72 hours of abstinence. It should be delivered to the REF Lab within one hour of collection. The specimen must be transported at room temperature-to-body temperature. If either of the conditions cannot be met, please discuss this with your doctor.
2. Wash hands and penis thoroughly and rinse well to remove soap residue.
3. For specimens to be cultured for *mycoplasma/ureaplasma* it is important to empty your bladder before collecting the specimen since the passage of urine will clear the urethra of contaminating organisms.
4. Ejaculate directly into the STERILE CONTAINER. If you do not have one you can obtain one from the REF Lab or any local laboratory. Do not use a condom (rubber). Be sure that the collection is complete and that all of the specimen is collected, especially the first portion. LUBRICANTS SHOULD NOT BE USED.
5. If a mylex sheath must be used, wait 15 minutes for the sample to liquefy in the sheath, then empty the sample into the sterile container and discard the sheath.
6. Be sure to secure the lid on tightly.

IMPORTANT SCHEDULING INSTRUCTIONS:

1. **Please note: The Lab will not accept your specimen if you do not have an appointment.** Appointments for specimen drop-off MUST be scheduled at least one day prior to IUI.
2. **For weekday IUIs** ~ Call 650-853-2200 by 4:30 p.m., one day prior to IUI to confirm time for specimen drop-off.
For weekend IUIs ~ Call 650-853-2242 before 11:00 a.m. the day prior to IUI to schedule an appointment for your specimen to be dropped off.
For Cryopreserved Sperm ~ Sample must be authorized to be thawed on the morning of the IUI. Please call the REF Lab directly at 650-853-2269.
3. Label the side of the container with your name, the time the specimen was obtained, the date, and the partner's name. If any portion of the sample spills, please report this to the lab.
4. Keep specimen at body temperature. **Avoid extreme temperatures.** (Hot or Cold)

The REF Lab is located at 3220 Alpine Road, Portola Valley