Palo Alto Medical Foundation
A Sutter Health Affiliate

Semen Analysis Instructions

A semen analysis is preformed in order to evaluate the man's semen. The volume of the ejaculate, the sperm count and motility as well as the appearance of the sperm will all be looked at. A man's semen quality will vary week to week depending on recent infections, alcohol use and smoking. The results of the analysis are usually available the next working day.

Please follow the following instructions:

1. The specimen should be obtained by masturbation after at least 72 hours of abstinence. It should be delivered to the laboratory 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 *mycroplasma/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 REI/ART 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.

Please register as a new patient if not a patient yet at the Palo Alto Medical Foundation.

Do not have any sexual activity for 72 hours before obtaining the specimen.

Use the sterile container provided to you by the laboratory.

Collect the entire specimen by masturbation into the container. Do not use a condom.

Screw the lid on tightly and mark down the exact time and date of the collection time. It is very important the specimen reaches the laboratory **within 30 minutes** of the specimen collection time.

Carry the specimen in a pocket close to your skin so that it is protected from extreme heat and cold.

Deliver the specimen to the main clinic laboratory to the Lab at 795 El Camino Real in Palo Alto at the following times:

Monday through Friday:	prior to 1 PM
Saturday:	prior to 10 AM

If you have any questions, please call the laboratory at 650-853-2948.