



Clinical Laboratory

PAMF Palo Alto 795 El Camino Real Palo Alto, CA 94301 650-853-2948	PAMF Fremont 3200 Kearney Street Fremont, CA 94538 510-498-2813	PAMF Los Altos 370 Distel Circle Los Altos, CA 94022 650-254-5255	Portola Valley Women's Health Grp. 3250 Alpine Road Portola Valley, CA 94028 650-330-5869	Redwood Shores Health Ctr. 290 Redwood Shores Pkwy Redwood City, CA 94065 650-598-3163
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SEMEN COLLECTION

IMPORTANT: For accurate test results, please read all directions first and follow them carefully

Collection Instruction

- **DO NOT HAVE SEXUAL ACTIVITY FOR TWO DAYS** before obtaining the specimen.
- Print your name and date of birth on the specimen container provided by the laboratory.
- Collect the entire specimen by masturbation directly into the container. **DO NOT USE CONDOM or LUBRICANT.**
- Screw the lid on tightly.
- **WRITE THE DATE AND TIME OF COLLECTION ON THE CONTAINER.**
- Bring the specimen to the laboratory **WITHIN 30 MINUTES (IMPORTANT!)** of collection. Specimen must arrive at the lab by 1:00 PM Monday through Friday, or before 10:00 AM on Saturday (Palo Alto Lab only).
- Carry the specimen in a pocket close to your skin so that it is not exposed to extremes of hot or cold temperature.
- Call the laboratory if you have any questions.

Patient Questionnaire: Please complete questionnaire prior to leaving specimen and this form at laboratory

PATIENT NAME: _____ DATE OF BIRTH _____

NUMBER OF DAYS SINCE LAST EJACULATION _____

METHOD OF COLLECTION _____

WAS ANY PORTION OF SPECIMEN LOST DURING COLLECTION? Circle: Yes or No

If Yes, circle: At start of collection? Yes or No Late in collection? Yes or No

LIST MEDICATIONS YOU ARE CURRENTLY TAKING _____
