

Delaware Valley Institute of Fertility & Genetics

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(856) 988-0072

Instructions for Collecting Semen Specimens

In order to obtain the correct results of your semen analysis, please review the following requirements:

1. Please label the specimen container (provided by office) with your first and last name.
2. **Abstinence of 2-7 days is required.** This means no sexual relations, intercourse or ejaculations for at least 2 days prior to your appointment.
3. No lubricants may be used during collection of the sample
4. Specimen is to be collected by **masturbation** only! No intercourse or oral sex is permitted to obtain the sample.
5. Any spillage or loss of sample must be reported to the lab technician.
6. Eat and drink water before your appointment, in case bloodwork is required while you are at the office.

If collecting at home:

1. Specimen must be delivered to the office within **1 hour** of collection.
2. Keep specimen as close to body temperature at possible. Do **NOT** put specimen on ice.

You must have a scheduled appointment for semen analysis. Please call the office at least 24 hours prior to make an appointment (856) 988-0072

Please Note: When you come for your appointment you need to bring all necessary paperwork (referrals, scripts, insurance authorization). Please bring Government ID with you.