

How to Collect a Semen Sample for Your Lab Test

Collecting a Semen Sample

Read all of the instructions before collecting a semen sample. It's important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

You will need to bring your test request form from your health care provider.

Before You Collect a Sample

- You should not have sexual activity for 2 to 5 days before collecting a semen sample. It should be more than 2 days from your last ejaculation but not more than 7 to 10 days.
- If you are collecting the sample at home, please pick up a clean container at the lab. See the next page for lab locations and hours, and scheduling lines.
- You will need to make an appointment to return the sample. Call the scheduling line for the location at which you wish to return the sample. **The sample must be collected within 1 hour of your appointment for your test results to be correct.**

How to Collect Your Sample

- Clean the head of your penis with wet, soapy towelettes or cotton balls.
- If you are not circumcised, pull back your foreskin and cleanse.
- Rinse the cleansed area with a new towelette or cotton ball that is wet with plain water.
- Dry your penis well before you collect the sample.

- Remove the lid from the collection container. Make sure the container is clean and dry.
- The sample should be collected by masturbation into the container.
- Lubricants or condoms should not be used while collecting the sample. They can kill the sperm and affect your test results.
- If you need to collect the sample with intercourse:
 - you can buy a nontoxic condom (one that won't kill your sperm) from the lab. After you are finished, seal the condom with the twist tie and put it in a clean container.
 - make sure intercourse is not interrupted. This may harm the first part of the ejaculate and affect your test results.
- If a pubic hair or thread from your clothing falls into the container, do not take it out. The lab will take it out using a clean tool.
- Put the lid back on the container. Make sure it is closed tightly.

After Collecting Your Sample

- Write the following information on the container with a pen or marker that will not run if the ink gets wet:
 - full name
 - date of birth
 - date and time of collection.
- Wrap the container in a dry towel and place it in a paper sack. Keep it at room temperature.

(over)

Returning Your Sample

- Please bring a photo ID such as a driver's license with you.
- If you collected the sample at the lab, give the container to one of the lab staff.
- If you collected the sample at home, bring the container to your lab at your appointment time. This should be done within 1 hour of collecting the sample. See below for lab locations and hours.
- If some of the sample was lost while you were collecting it, please tell the lab staff.

Where to Return Your Sample

If you are collecting the sample at home, make an appointment to return your sample at one of the following locations.

- **Abbott Northwestern Hospital**
2828 S. Chicago Ave., Suite 450
Minneapolis, MN 55407
Monday-Friday, 7:30 a.m. to 3:15 p.m.
Saturday-Sunday, 7:30 to 10:30 a.m.
Scheduling line: 612-863-4115
Tests performed include: andrology tests and insemination preparations.

Call the lab for all holiday hours.

- **Buffalo Hospital**
303 Catlin St.
Buffalo, MN 55313
Thursday, 8 a.m. to 1 p.m.
Friday-Wednesday and holidays, closed
Scheduling line: 763-684-7855
Test performed: semen analysis
- **Cambridge Medical Center**
701 S. Dellwood St.
Cambridge, MN 55008
Wednesday-Thursday, 9 a.m. to 2 p.m.
Friday-Tuesday and holidays, closed
Scheduling line: 763-688-7920
Tests performed include: semen analysis and post-vasectomy analysis.

- **New Ulm Medical Center**
1324 N. 5th St.
New Ulm, MN 56073
Monday-Friday, 8 a.m. to 1:30 p.m.
Saturday-Sunday and holidays, closed
Scheduling line: 507-217-5366
Tests performed include: semen analysis and post-vasectomy analysis.
- **United Hospital**
333 N. Smith Ave.
St. Paul, MN 55102
Friday, 7 a.m. to 2 p.m.
Saturday-Thursday and holidays, closed
Scheduling line: 612-863-4115
Tests performed include: semen analysis and post-vasectomy analysis.
- **Unity Hospital**
550 NE Osborne Road
Fridley, MN 55432
Friday, 7 a.m. to 2 p.m.
Saturday-Thursday and holidays, closed
Scheduling line: 612-863-4115
Tests performed include: semen analysis and post-vasectomy analysis.

These locations do not accept walk ins. Make an appointment before returning your sample.

Billing and Insurance

Allina Health Laboratory will not bill your insurance. If your clinic has chosen not to be billed for this testing, you will be asked to pay at the time of service. Please be prepared to pay by cash, check or credit card.

When You Will Get the Results of Your Lab Test

Your results will be available 7 days after you return the sample. Call your health care provider to get your results or if you have questions.