

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.**

Ua Li Cas thiaj Cug tau ib co Kua Phev rau Lawv Coj Mus Kuaj

Txoj Kev Cug Tau ib co Kua Phev

Nyeem tag nrho cov lus qhia ua ntej pib cug cov kua phev. Tseem ceeb heev kom ua raws li cov lus qhia xwv kom koj cug tau kua phev raws li xav tau. Ua li no yuav pab kom tej kev kuaj yuav thwj.

Koj yuav tau nqa daim ntawv uas koj tus kws kho mob sau rau koj ua txoj kev kuaj no.

Ua Ntej Koj Pib Cug ib Co

- Koj yuav tsum txhob nrog lwm tus neeg pw ua ke rau 2 mus txog 5 hnuv ua ntej koj cug cov kua phev. Yuav tsum yog ntev tshaj ob hnuv txij thaum koj los phev tiam sis txhob yog ntev tshaj xya mus txog 10 hnuv tas los lawm.
- Yog koj yuav cug tom tsev, yuav tsum mus nqa ib hwj huv huv tom qhov chaw kuaj ntshav kuaj zis. Saib phab ntawv tom ntej seb tej chaw kuaj ntshav kuaj zis nyob qhov twg thiab qhib thaum pes tawg moos, thiab tej xov tooj hu teem caij.
- Koj yuav tsum teem caij thaum xav xa cov kua phev rov qab los. Hu tus xov tooj teem caij rau qhov chaw uas koj xav nqa cov kua phev rau. **Yuav tsum cug cov kua phev li 1 xuab moos ua ntej koj teem caij kom txoj kev kuaj ntawd yuav thwj.**

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.

Ua Li Cas thiaj Cug tau Koj Cov Kua Phev

- Siv cov ntaub so uas ntub los sis cov paj rwb koj los ntxuav lub hau qau.
- Yog koj tsis tau txiav daim tawv qau lawm, phlis daim tawv qau los thiab muab ntxuav.
- Siv ib daim ntaub so tshiab los sis ib lub paj rwb tshiab uas muab ntub dej los rov qab so qhov chaw ntawd.
- So koj tus qau kom qhuav ua ntej koj cug cov kua phev.
- Tshem lub hau ntawm lub khob cug kua phev. Xyuas seb lub khob puas huv thiab qhuav.
- Yuav tsum cug cov kua phev thaum koj rhoob tus qau kom phev los rau hauv lub khob.
- Yuav tsum txhob siv cov kua pleev kom nplua los sis hnab looj qau thaum tab tom cug cov kua phev. Cov khoom no tua tau cov phev thiab pauv tau seb lawv kuaj li cas.
- Yog koj yuav cug cov kua phev thaum nrog lwm tus neeg pw ua ke:
 - koj yuav tau ib hnab looj qau uas zoo (ib hnab uas tsis tua koj cov phev) los ntawm qhov chaw kuaj ntshav kuaj zis. Tom qab koj ua tas, muab lub hnab looj qau khi cia thiab tso rau hauv lub hwj huv huv.
 - tsis txhob cia dab tsi tshuam neb txoj kev pw ua ke. Vim hais tias ua li no txawj ua rau ib co kua phev raug puas tsuaj thiab yuav pauv seb koj txoj kev kuaj zoo li cas.
- Yog tias plaub chaw mos los sis ib txoj xov ntawm koj cov khaub ncaws poob rau hauv lub khob, tsis txhob sim tshem tawm. Qhov chaw kuaj ntshav kuaj zis yuav siv ib yam cuab yeej huv huv muab tshem tawm.
- Muab lub hau khwb rau. Yuav tsum ua tib zoo kaw kom ntom.

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.

Returning Your Sample

- Please bring a photo ID such as a driver's license and your insurance card 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.

Tom Qab Cug Tau Koj cov Kua Phev

- Siv ib tug cwj mem uas muaj cov kua mem uas tsis ploj yog tias ntub sau tej yam xov xwm nram qab no rau ntawm lub khob:
 - lub npe tag nrho
 - hnuv yug
 - hnuv tim thiab tsawg moos muab cug cia.
- Ib txoj phuam qhuav qhwv rau lub khob thiab tso rau hauv ib hnab ntawv. Tso rau hauv chav tsev uas tsis no tsis sov.

Xa Koj Cov Kua Phev Rov Qab Los

- Nqa koj daim ntawv qhia npe ID zoo li koj daim npav pub yus tsav tsheb thiab daim ntawv rau isalas kho mob nrog koj.
- Yog koj cug tau cov kua phev nyob ntawm qhov chaw kuaj ntshav kuaj zis, muab lub khob rau ib tug neeg uas ua hauj lwm hauv qhov chaw kuaj ntshav kuaj zis.
- Yog koj cug tau cov kua phev nyob tom tsev, nqa lub khob tuaj rau qhov chaw kuaj ntshav kuaj zis thaum lub sij hawm uas koj teem tseg. Yuav tsum ua li no hauv 1 xuab moos tom qab koj cug tau cov kua phev. Saib nram qab no rau tej chaw kuaj ntshav kuaj zis thiab lawv qhib thaum pes tsawg moos.
- Yog tias xiam ib co thaum koj tab tom cug cov kua phev, thov qhia rau cov neeg uas ua hauj lwm hauv qhov chaw kuaj ntshav kuaj zis paub.

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.

The Abbott Northwestern Hospital lab is closed on Thanksgiving Day, Christmas Day, New Year's Day and Easter Sunday. Call the lab for other 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.

Yuav Xa Koj cov Kua Phev rau Qhov Twg

Yog koj yuav cug cov kua phev tom tsev, thov koj teem caij nqa koj cov kua phev rau ib qho chaw nram qab no.

■ Abbott Northwestern Hospital

2828 S. Chicago Ave., Suite 450
Minneapolis, MN 55407

Hnub Monday-Friday, 7:30 moos sawv ntxov-3:15 moos tsaus ntuj

Hnub Saturday-Sunday, 7:30-10:30 moos sawv ntxov

Tus xov tooj thaum xav teem caij:
612-863-4115

Tej kev kuaj yog: kev kuaj andrology thiab npaj tso cov phev kom muaj tau me nyuam.

Abbott Northwestern Hospital qhov chaw kuaj ntshav kuaj zis kaw thaum hnub Thanksgiving Day, Christmas Day, New Year's Day thiab Hnub Caiv Easter. Thov hu qhov chaw kuaj ntshav kuaj zis seb lwm hnub phav hauj lwm lawv yuav qhib thaum pes tsawg moos.

■ Buffalo Hospital

303 Catlin St.
Buffalo, MN 55313

Hnub Thursday, 8 moos sawv ntxov-1 moos tsaus ntuj

Hnub Friday-Wednesday thiab hnub phav hauj lwm, kaw

Tus xov tooj thaum xav teem caij:
763-684-7855

Txoj kev kuaj muaj li no: kev tshuaj xyuas cov kua phev

■ Cambridge Medical Center

701 S. Dellwood St.
Cambridge, MN 55008

Hnub Wednesday-Thursday, 9 moos sawv ntxov-2 moos tsaus ntuj

Hnub Friday-Tuesday thiab hnub phav hauj lwm, kaw

Tus xov tooj thaum xav teem caij:
763-688-7920

Tej kev kuaj muaj li no: kev tshuaj xyuas cov kua phev thiab kuaj tom qab txiav txiv neej txoj hlab noob qes.

- **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
 Tuesday, 7 a.m. to 2 p.m.
 Wednesday-Monday and holidays, closed
 Scheduling line: 612-863-4115
 Tests performed include: semen analysis
 and post-vasectomy analysis.

- **New Ulm Medical Center**
 1324 N. 5th St.
 New Ulm, MN 56073
 Hnub Monday-Friday, 8 moos sawv
 ntxov-1:30 moos tsaus ntuj
 Hnub Saturday-Sunday thiab hnub phav
 hauj lwm, kaw
 Tus xov tooj thaum xav teem caij:
 507-217-5366
 Tej kev kuaj muaj li no: kev tshuaj xyuas cov
 kua phev thiab kuaj tom qab txiav txiv neej
 txoj hlab noob qes.
- **United Hospital**
 333 N. Smith Ave.
 St. Paul, MN 55102
 Hnub Friday, 7 moos sawv ntxov-2 moos
 tsaus ntuj
 Hnub Saturday-Thursday thiab hnub phav
 hauj lwm, kaw
 Tus xov tooj thaum xav teem caij:
 612-863-4115
 Tej kev kuaj muaj li no: kev tshuaj xyuas cov
 kua phev thiab kuaj tom qab txiav txiv neej
 txoj hlab noob qes.
- **Unity Hospital**
 550 NE Osborne Road
 Fridley, MN 55432
 Hnub Tuesday, 7 moos sawv ntxov-2 moos
 tsaus ntuj
 Wednesday-Monday thiab hnub phav hauj
 lwm, kaw
 Tus xov tooj thaum xav teem caij:
 612-863-4115
 Tej kev kuaj muaj li no: kev tshuaj xyuas cov
 kua phev thiab kuaj tom qab txiav txiv neej
 txoj hlab noob qes.

Special Note

These locations do not accept walk ins. Please be sure to make an appointment before returning your sample.

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.

Daim Ntawv Tshwj Xeeb

Tej qhov chaw no tsis kam tos txais tib neeg uas lam tshwm tuaj. Thov kom koj yuav teem caij ua ntej koj nqa koj cov kua phev tuaj.

Thaum Twg Koj Yuav Kawm Seb Lawv Kuaj Tau Li Cas rau Koj Txoj Kev Kuaj No

Yuav paub kuaj tau li cas xya hnuv tom qab koj nqa cov kua phev rov qab tuaj. Hu koj tus kws kho mob yog tias koj muaj lus nug dab tsi.