

Sparrow Hospital Fertility Center

1200 E Michigan Avenue
Suite # 355
Lansing, MI 48912

Instructions for Semen Collection

You have been requested to provide a semen sample for laboratory testing or processing. Please follow these instructions. Failure to observe these will jeopardize your evaluation, process, or treatment.

- 1 Semen testing/processing is done **BY APPOINTMENT ONLY** Monday through Friday. Your physician must fax a test requisition to 517-485-0646 before you can schedule an appointment at (517) 364-3659.
- 2 For home collections, you will also need to obtain a **semen collection kit** from the Center.
- 3 Abstain from any sexual activity for 2-5 days prior to semen collection. Shortened or prolonged abstinence will have a detrimental effect on results.
- 4 The semen sample must be collected by masturbation. If you are unable to produce a sample by masturbation, please consult your physician.
- 5 **Do not** use any commercial condom as they contain substances intended to kill sperm.
- 6 If lubricant is required, use **ONLY** the lubricant provided with your **kit**. Other lubricants may kill sperm.
- 7 You may collect semen at home, however, it must arrive at the lab **within 90 minutes**. A room is available at the Center for collection for those living further than a **90 minute** travel time.
 - Fill out the label **on the specimen cup** with your name and birth date.
 - Fill out the separate label and return it to the styrofoam cup.
 - Produce the semen specimen into the specimen cup. Replace the lid and tighten
 - Place the specimen cup into the biohazard bag and seal
 - Place the biohazard bag into the styrofoam cup for transport
- 8 When transporting, keep the semen warm by keeping it close to your body. **DO NOT** use any other method to keep the sample warm. **DO NOT** refrigerate the sample. Temperatures less than 70°F or greater than 98°F temperatures will have a detrimental effect on the sample.
- 9 Fill out the **Semen Specimen Submission Form** and submit it with the sample. **Samples that are improperly labeled or do not have complete collection information must be rejected.** Report any accidental loss of sample on the form provided. If the *first portion* or *majority* of the sample is lost, **re-schedule**.
- 10 Anyone submitting a semen specimen must have photo identification and proof of insurance. Submit the specimen **ONLY** to an authorized Sparrow Fertility Center employee. Should the female partner submit the semen, she will be required to sign the submission form in the presence of a Sparrow Fertility Center employee.
- 11 For privacy consideration, it is important that you arrive at the Center at your scheduled appointment time. Delays may result in postponing the analysis or affect the results. **You must contact the ordering physician to obtain results.**

**If you cannot keep your appointment, or have questions,
call (517) 364-3659.**