



*Rocky Mountain*  
CENTER FOR REPRODUCTIVE MEDICINE PC

*Creating a spark of life®*

## **INSTRUCTIONS FOR STERILE SPECIMEN COLLECTION**

**In order to adequately evaluate semen,  
it is important to follow these instructions.**

1. You will need to abstain from sexual activities for at least 48-72 hours, but no longer than 7-days prior to the collection for the semen analysis/profile.
2. Masturbation is the best method of collection, as it is essential to obtain the entire ejaculate. Please use the sterile collection container provided by our office, and ejaculate directly into the receptacle. Condoms are NOT acceptable for collection since they contain spermicidal agents that kill or weaken the sperm.
3. It is preferable to not use lubricant; however, if you do, we prefer Astro Glide or Pre-Seed not K-Y Jelly or mineral oil.
4. After collection, **MAKE CERTAIN THE LID IS SCREWED ON TIGHTLY**, fill out the included label with your **NAME, DATE** and **TIME** of collection. **IT IS ESSENTIAL TO FILL OUT THE ENTIRE WHITE LABEL** and not the little label. Place the white label on the container and place the container in the zip lock bag and then back into the white bag.
5. **IT IS IMPORTANT TO KEEP THE SPECIMEN AT BODY TEMPERATURE.** Therefore, we suggest keeping the jar in your pocket or next to your body. **SAMPLES SHOULD BE RECEIVED WITHIN THIRTY MINUTES OF COLLECTION.**
6. If you have been instructed to bring your specimen to our office, our personnel will instruct you to come to the inner office and place the specimen in a warmer. **PLEASE BE CERTAIN THE LID IS SCREWED ON TIGHTLY, AND THAT THE CONTAINER IS INSERTED IN THE UPRIGHT POSITION.** (To protect it from spilling)
7. If a Semen Analysis is being performed outside of our office, you must call the lab ahead of time to confirm what days of the week and hours that they will accept specimens.