

INSTRUCTIONS FOR COLLECTION OF SEMEN SAMPLES

COLLECTION OF THE SAMPLE

1. Ideally, specimens should be produced at 76 Wimpole Street. Alternatively, specimens may be produced at home if the patient can reach the clinic within 60 minutes.
2. Samples must be brought in immediately after production, and kept in a pocket close to the body.
3. Patients must not have had sex or masturbated for 48 hours before collecting the sample but should not have abstained for a period longer than 5 days.
4. Prior to sample production, wash hands and genitals with water only then dry thoroughly.
5. Please do not use any soap, gels, lubricants or oils as this will affect the results.
6. Collect the sample by masturbation, collecting the entire specimen directly into the container.
7. If the specimen cannot be obtained in this way, a special clinical condom will be provided which can be used in conjunction with vaginal intercourse. After a sample is obtained, please use the twist tie to tightly close the top of the condom and place it into the container. A rubber sheath/condom (French letter) **MUST NOT** be used for semen collection as they are harmful to sperm. Please note: No other forms of sample collection are acceptable.
8. Evidence shows that semen parameters are optimised if 10-15 minutes at minimum is taken to produce the sample.
9. It is essential that the entire ejaculate is collected, as the first part is often the richest in sperm numbers. Please notify a staff member if some of the sample has been lost.
10. It is essential that you only collect **ONE** sample in order to obtain a valid test result. A normal sample volume is approximately half a teaspoonful.

The Container

1. Please use the sterile container provided. No other sample container is acceptable.
2. Do not open the container until ready to produce the sample.
3. Seal the container immediately after sample collection with the lid; make sure the lid is on tightly. Do not use adhesive tapes.
4. Ensure your name, date of birth and time of production is written on the container label.
5. Please fill out the 'Information Form for Patients Producing Semen Samples'. Record name, date of birth, the period of abstinence, the exact time of sample production and the name of the requesting consultant or general practitioner on the form provided. For post vasectomy patients, please provide the date of the vasectomy operation.

Delivery of the Sample

Hand the sample and the completed form to a member of staff in the Andrology office at The Doctors Laboratory within one hour of collection. Patient reception is at 76 Wimpole Street, London W1G 9RT

UNLABELLED SPECIMEN POTS WILL NOT BE PROCESSED

If you have any difficulties associated with the collection and delivery of your sample please contact the laboratory on 020 7025 7940.

INFORMATION FORM FOR PATIENTS PRODUCING SEMEN SAMPLES

This form must accompany ALL semen samples.

Name	
Date of Birth	
Name of Partner (only if applicable)	
Address	
Referring Doctor/Practitioner	
When is your next appointment booked with your doctor/practitioner (date and time)	
Date of vasectomy (if applicable)	
Date of semen test	
Appointment time	
Have you had a semen test here before?	
How many days abstinence have you had?	

It is essential that you answer all of the following questions:

Have you been unwell during the last 3 months? If so please explain.	
Have you had a fever in the last 3 months?	
Please list any medication that you are currently taking.	
What was the time when you produced the sample?	
Did you get all of the sample into the container? (yes or no)	
Did you have any difficulty in producing the sample? (yes or no)	

After you have produced the sample, please make sure the lid is secure on the sample container and clearly labelled.

It is important that the test we do for you is reliable. To do this, we need to use random samples each day to accuracy check our equipment. Additionally, we are trying to improve testing for male infertility, for example, measuring free radicals and zinc levels in semen which can affect fertility. Please help us, by providing your permission to use any remainder of your sample for these purposes. Be assured that this will NOT compromise your sperm analysis in any way, and that the samples will not be used for any other purpose.

I DO/DO NOT give my permission to use any remains of my sample for testing (delete as appropriate)

Signed.....

Please make sure this form accompanies your sample when you hand this to our staff