

Patient Instructions



Semen Analysis Collection

Please read all directions first and follow them carefully.

1. Abstain from sexual intercourse and ejaculation for a minimum of 48 hours. It is not recommended to abstain for longer than 7 days before collection, unless otherwise instructed by your physician. Please collect at home unless prior arrangements with the lab have been made.
2. If a **URINE** sample is also required at the same time, collect the urine sample first, wash hands and genital area thoroughly and rinse well to remove soap residue. Then collect the semen sample. **LUBRICANTS SHOULD NOT BE USED.**
3. The specimen is obtained by masturbation into the **STERILE CONTAINER** provided by your doctor office or Lab. Do **NOT** use a condom. They can kill the sperm and affect your test results. Be sure that the collection is complete and that the entire specimen is collected, especially the first portion. If some of the sample was lost while you were collecting it, please notify the lab staff.
4. Twist the lid and secure it tightly onto the container. **LABEL** the container as follows: **PATIENT NAME, Date of Birth, Date and EXACT TIME** of ejaculation. Place the label on the side of the container – **NOT** the lid.
5. For Semen Analysis deliver the sample to the lab **WITHIN 45 MINUTES** of collection, keeping the specimen upright and at body temperature by transporting it close to your skin. **Avoid extreme temperatures.**
6. For questions please contact the lab or your doctor's office.
7. Upon arriving at the lab you **MUST** present a **picture ID** to provide positive patient identification.

Please check with the chosen Lab location below if an appointment is needed and for any special collection/drop off requirements.

East Palo Alto

1950 University Ave
Suite 170
East Palo Alto, CA 94305
Ph. 650-463-7401

By appointment only

Fremont

3200 Kearney Street
Fremont, CA 94538
Ph.510-498-2813

**Monday-Friday
7:30am – 1:00pm**

**Saturday
8:00am – 10:00am**

Mountain View

701 E. El Camino Real
Mt. View, CA 94040
Ph. 650-934-7333

**Monday-Friday
6:30am – 6:30pm
Saturday and Sunday
7:00am – 4:00pm**

Palo Alto

795 El Camino Real
Level A, Lee Building
Palo Alto, CA 94301
Ph. 650-853-2948

**Monday-Friday
7:00am – 4:00pm
Saturday
8:00am – 10:00am**

San Jose

2581 Samaritan Drive
Suite 306
San Jose, CA 95124
Ph. 408-402-9210

By appointment only