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

**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

**Fremont**
3200 Kearney Street
Fremont, CA 94538
Ph.510-498-2813
Monday-Friday
7:30am – 1:00pm
Saturday
8:00am – 10:00am

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

**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