

NEXUS Diagnostic Laboratories

Semen Analysis

To get the most accurate results possible, patients should be asked to please follow these instructions when collecting the specimen. **This is very important.**

Please fill out the questions at the bottom of this sheet.

Collection Instructions:

- Do not have any sexual activity for 2-3 days before collecting the specimen.
- Collect the specimen by masturbation only.
- Do not contaminate the specimen with lubricants (lotions, Vaseline, etc.) or oral or vaginal fluids.
- Collect entire specimen into the specimen cup. Do not collect the specimen into a condom.
- After collection, do not allow the specimen to get hot or cold.
- Bring the specimen to the Laboratory within 1 hour of collection. (30 minutes is even better.)
- Fill out the information below and bring this sheet with you when you bring your specimen to the Laboratory.

Please complete the following and bring it with you when you bring your specimen to the Laboratory.

1. What time was the specimen collected? _____
2. How many days since your last ejaculation? _____
3. Was the specimen exposed to heat or cold? (Circle one) Yes No
4. Was the entire specimen collected? (Circle one) Yes No
5. Was the specimen collected as described above? (Circle one) Yes No
6. If you circled "No", please describe any problems:

If you have any questions regarding these instructions, feel free to call the Conway Regional Laboratory, at 501-513-5752.