

Checklist for patients collecting a semen sample

Ejaculate test results depend on the conditions under which the ejaculate was collected and delivered to the lab, therefore, the following requirements on its collection and delivery must be met:

- the semen sample should be collected 3-7 days after sex, masturbation or incomplete intercourse;
- the patient should not have a prostate massage for 5-7 days prior to the test;
- smoking, consuming strong alcoholic beverages and taking medication (especially antibiotics) is not recommended prior to the test;
- the test cannot be performed if the patient is ill or has a fever;
- a semen sample cannot be collected into a condom as it contains agents that skew test results.

Patients MUST schedule the test in advance.

Semen collection

1. An entire ejaculate should be collected into a clean dry container.
2. The semen sample must be delivered to the lab within 1 hour.
3. The sample should be delivered at the closest to body temperature.
4. The container should have the patient's name, surname, birth year, semen collection time, and the number of days of sexual abstinence indicated on it.