



Dallas IVF LAB

PATIENT INSTRUCTIONS FOR SEMEN SPECIMEN COLLECTION

An appointment must be made in advance for all semen analysis, IUI (intrauterine insemination), and sperm cryopreservation. An abstinence period of 48 hours, but no more than 5 days is advised before specimen collection. Please call [\(214\) 297-0027](tel:(214)297-0027) to schedule an appointment.

Andrology Requisition Forms:

We must have a signed Andrology Laboratory Requisition form from your referring physician prior to scheduling your study. Requisitions can be faxed to our office at (214) 297-0034. Please be prepared to provide a government issued picture identification for security and quality control purposes.

Insurance:

For patients with insurance coverage for infertility testing, please note that some of our locations are out of network. Please call (214) 297-0020 to verify your in or out of network benefits.

Patient Instructions:

For semen analysis, an **abstinence period of at least 48 hours but no more than 5 days is advised.** Please refrain from ejaculation by any method during this abstinence period. Abstinence periods outside this range may yield unreliable results and may necessitate repeating the test at an additional fee.

A sterile, clean specimen is important. Before coming to the Dallas IVF Lab, please wash the genital area thoroughly. Collect the specimen by masturbation only, into a sterile specimen container (provided by Dallas IVF or by your physician's office). Other methods of collection (i.e. oral or vaginal) may result in a contaminated specimen and may not provide a reliable or representative analysis. **Household containers should not be used as they can be toxic and result in an inaccurate semen analysis. Similarly, please do not use lubricants as they also can be detrimental to sperm.** If you feel you need a lubricant, please come by the office and we can provide you with a non-toxic lubricant. Take extreme care if you use lubricant not to get any into the specimen container. Use the smallest amount of lubricant possible. Ejaculate directly into the specimen container without touching in the interior. Put the lid on tightly and label the container with your name and date of birth.

It is best to collect specimens at one of our approved locations, but specimens may be collected at home if brought to the office within 45 minutes of the collection time. The specimen should be kept near body temperature during transport and exposure to extreme heat or cold should be avoided.

Test Results:

Test results will be sent to the requesting physician and not given directly to the patient.