



**Instructions for Semen Specimen Collection for Semen Analysis,  
Cryopreservation, or Intrauterine Insemination**

ALL ANDROLOGY PROCEDURES REQUIRE AN APPOINTMENT, INCLUDING SPECIMENS COLLECTED OUTSIDE OF OUR LABORATORY (“drop-off”)

- An abstinence period of 2-5 days should be observed prior to collection
- Schedule an appointment for your procedure at least 24 hours in advance
- If you choose to collect specimen outside of our laboratory (“drop-off”), ensure that the sample can be delivered to our laboratory **within 1 hour of collection. Please schedule appointment with our office to coordinate with this time.**
- Urinate prior to specimen collection
- Thoroughly wash and dry hands
- Collect semen by masturbation into a sterile specimen cup
- **DO NOT USE LUBRICANTS OF ANY KIND** (e.g. jellies, Vaseline, soap, saliva, etc.)
- Secure lid on specimen cup and maintain cup upright during transport
- Place cup in a bag to prevent exposure to sunlight
- Keep specimen warm by holding cup in hands or securing between legs during transport
- Avoid exposing sample to extreme heat or cold

A physician’s order and valid picture ID must be presented to our office along with specimen

Please note that the cost of a semen analysis is \$150

**Call our office at (225) 926-6886 (Baton Rouge) or (337) 989-8795 (Lafayette) with questions or to schedule an appointment**

**Appointments for semen analyses are available 8:00 am-2:30 pm Monday-Thursday and 8:00 am-11:00 am Friday**