



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
- An appointment must be scheduled for your procedure at least 24 hours in advance
- If you choose to collect specimen outside of our laboratory, ensure that the sample can be delivered to our laboratory **within 1 hour of collection.**
 - **A scheduled appointment is required 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

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

**Appointments for semen analyses are available
9:00 am-3:00 pm Monday-Thursday**