



Instructions for Collecting Semen Specimens at Home for Drop-Off at the Clinic

Effective March 31, 2022:

1. You must **deliver your specimen to the lab in person and have your government issued photo ID with you**. You must present your photo ID when you arrive at the laboratory for specimen drop off.
2. We will **NOT ACCEPT** any specimen delivered to the lab by anyone other than yourself and/or without presenting your photo ID to confirm your identity.

You must obtain a sterile specimen cup in advance of your appointment.

- This can be picked up from our office front desk Monday – Friday between 8 am – 3 pm.
- We can mail one to you if needed for \$10.00. Please contact the andrology lab office at 678-820-7508 to set this up.
- You **CANNOT** use a container from a local pharmacy or your home. Your specimen will not be accepted if collected in an unapproved container.

You must have a scheduled appointment to drop off the specimen.

- If you are a new patient, email scheduling@acrm.com or call (678)-841-1089.
- If you and your spouse/partner are patients at ACRM, contact your designated scheduling team.

If the specimen is intended for a semen analysis and your physician is not an ACRM physician, you must provide the lab with a written order from your physician at the time of drop off.

- We **WILL NOT** be able to report your results to your physician if we do not have a written order from your physician.

Instructions for collection your specimen:

- The specimen must be produced by masturbation.
- Abstain from ejaculation 2-5 days before collecting the specimen.
- Plan when you will collect the specimen so that it can be delivered to the lab within 1 hour of ejaculation at your appointment time.
- Clearly label the cup with your full name and date of birth.
- Do not use lubricants of any type. Many lubricants are toxic to sperm and can impact the quality of the specimen causing an erroneous semen analysis result and can potentially decrease sperm function and fertilization if intended for IUI or IVF.
- Ejaculate into the cup. Avoid touching the inside of the cup with your penis or fingers.
- Close the lid, place the specimen cup into a bag, and bring to the office ideally within 1 hour of ejaculation. Keep the specimen cup in an upright position during transportation.
- Protect the specimen from extremes in temperature and from daylight. Ideally the specimen should be kept in a range of room temperature to body temperature, but not cooler or warmer.
- When you arrive at the front desk to check-in, let the receptionist know you have a specimen to drop off. You will deliver the specimen directly to laboratory staff after checking in at the front desk.