



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

Obtain a sterile specimen cup in advance of your appointment. They can be picked-up at the front desk of our ACRM Perimeter office or can purchased from a pharmacy.

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

If the specimen is intended for a semen analysis and your physician is not an ACRM physician, you must provide the laboratory with a written order from your physician at the time you deliver your specimen. **The results will not be reported to your physician if we do not have a written order from your physician.**

Abstain from ejaculation for 2 to 5 days before collecting the specimen.

Plan when you will collect the specimen so that it can be delivered to the laboratory within one hour of ejaculation and at your appointment time.

Clearly label the specimen cup with your name and date of birth and your partner's name and date of birth.

The specimen should be produced by masturbation.

Do not use lubricants of any type. Most lubricants are toxic to sperm and can impact the quality of the specimen resulting in erroneous semen analysis results and can result in sub-optimal fertilization if the specimen is to be used for IVF or for IUI.

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 one hour of ejaculation.

Complete the top portion of the specimen collection form.

If your partner is bringing the specimen to the clinic, you must complete the form entitled "Patient Consent to Process a Semen Specimen Delivered to the Laboratory by Another Party".

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 the laboratory staff after checking in at the front desk.