A Patient's Guide to Semen Collection

Please follow these steps to collect a good specimen for testing:

1. Write your full name and date of birth on the provided collection cup.
2. Do not ejaculate for at least 2 days before collecting the sample.
3. Semen can be collected either by masturbation or withdrawal.
4. Do not collect the semen in a condom. Condoms may contain chemicals that will kill the sperm.
5. The entire sample should be ejaculated into the collection cup. The sample will not fill the cup.
6. When the sample is collected into the cup, replace the lid and tighten to prevent spills.
7. Place the cup into the zippered pocket of the biohazard bag and close the pocket.
8. Fill out the information sheet and place into the non-zippered pocket of biohazard bag.
9. The sample and form should be brought to the laboratory as soon as possible. They must be delivered no later than **45 minutes** after collection for fertility testing or 90 minutes for post-vasectomy testing.
10. Do not expose the sample to extreme hot or cold temperatures. The container must be kept at body temperature. Carry it against your body, close to your skin. Perhaps under your arm or inside your undergarments.
11. The sample may be dropped off Monday through Friday between the hours of 7 a.m. to 5 p.m. at one of the two locations listed below.

Bronson Methodist Hospital
Outpatient Testing
601 John Street
South Campus, First Floor
Kalamazoo, MI 49007

Laboratory phone:
(269) 341-6440

Bronson Battle Creek Laboratory
175 College Street
Battle Creek, MI 49015

Laboratory phone:
(269) 969-6161

Due to the need to perform testing promptly, specimens cannot be dropped off at other locations.

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Semen Collection Information Sheet

Please complete the following information and include it when you bring the sample to the laboratory:

Patient Full Name: _____ Date of Birth: _____

Partner Full Name: _____ Date of Birth: _____

Date of Sample Collection: _____ Time of Sample Collection: _____

Days since last ejaculation: _____

Method of Collection:
- ☐ Masturbation
- ☐ Withdrawal

The last two questions to be completed when taking the sample to the lab.

Entire sample collected in container?
- ☐ Yes
- ☐ No

Sample exposed to extreme hot or cold?
- ☐ Yes
- ☐ No

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