



Dan Hibbert Urology, PC

COMPLETE SEMEN ANALYSIS

1. Abstain from sex or any ejaculation for at least 3 days but not more than 5 days
2. The semen sample should be collected by masturbation, directly into the sterile plastic cup provided by the Dr.'s office.
 - It is important that **ALL** of the ejaculate is collected into the container
 - **Do Not** collect the sample in a condom
 - Avoid contamination of the semen with lubricants
3. After collection, the sample should be kept as close to body temperature as possible.
4. The sample **must** be delivered to the lab within 30 minutes of collection.
5. Write your name and the collection time on the container.
6. Remember to take your lab slip with the specimen.