

Instructions for DROP-OFF Semen Collection

1. **An appointment is required for all semen analysis and sperm washes.**
2. **All semen appointments are for DROP-OFF ONLY.** In-house collections are by special appointment and must be pre-approved and made ahead of time. **Please be sure to obtain a free Home Collection Kit** from one of our offices prior to the date of your appointment. If you are unable to obtain one, you may use a sealed and sterile specimen cup that can be purchased at most drug stores.
3. For semen analysis appointments: a period of 2-5 days of abstinence (i.e. no ejaculations) is required unless directed otherwise by your REACH physician. SDFA and Retrograde appointments will have additional instructions provided.
For IUI: Follow the abstinence period instructed by your REACH physician.
4. Specimen must be collected in a sterile specimen cup with lid – SEE HOME COLLECTION KIT ABOVE.
5. Collect your specimen no more than **120 minutes** before your scheduled appointment.
6. Prior to semen collection, please make sure your hands and penis are clean and free of lubricants, powders, soaps, or other foreign materials. All of these may be toxic to sperm.
7. Specimen should be collected by masturbation without the use of any lubrication, including saliva. (You may use the provided lubricant in the Home Collection Kit.)
8. Please be sure to collect the entire specimen into the specimen cup. Tighten the lid of the specimen cup.
9. Keep the specimen cup in the upright position and at body temperature during transit (i.e. in your pocket)
10. At your appointment time:
 - Please check in at the front desk on the 2nd floor.
 - Government Issued identification will be required.
 - Specimen must be brought to REACH by the person who produced the specimen. Samples brought in by anyone other than the person who produced it WILL NOT BE ACCEPTED under any circumstance.

The following are some common reasons why the laboratory may not accept a specimen:

- 1) **No appointment was scheduled, or in-house collection is requested without the appropriate appointment.**
- 2) Inappropriate days of abstinence.
- 3) The sample was collected in a non-sterile container, or a non-approved lubricant was used.
- 4) The sample was not received at the laboratory within the appropriate time frame.
- 5) The male who produced the specimen is not the person delivering the sample to REACH.

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