Axis Health & Diagnostics Services

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Semen analysis: collection instructions and form

Please read this before you collect your sample. A correctly collected sample gives you a reliable result.

How to collect your sample

1. **Abstain first.** Avoid ejaculation of any kind for 2 to 7 days before collection.
2. **Choose the time.** Bring your sample at least 2 hours before closing: by 3pm from Monday to Friday, or by 1pm on Saturday.
3. **Choose the place.** You may produce your sample at Axis, or at home if you can get it to us within 1 hour.
4. **Collect by masturbation only.** Do not use lubricant, saliva or an ordinary condom, as these can harm sperm.
5. **Use a clean container.** Collect into a sterile screw-cap container, ideally one from Axis. Other containers may hold traces of soap or chemicals.
6. **Collect everything.** Tell us if any of the sample was lost, especially the first part.
7. **Label it.** Write your full name and the date and time of collection on the container.
8. **Bring it within 1 hour.** Testing must begin within 1 hour of collection, so please plan your journey.
9. **Keep it at body temperature.** Carry the container close to your body, such as in an inside pocket. Keep it out of direct sun and away from cold, including air conditioning.

> Complete the form below and give it to our staff with your sample.

Specimen information form

Patient's name _____ Date of birth or age _____

Date of collection _____ Time produced _____ Days of abstinence _____

Time delivered to the laboratory _____

Collected by masturbation? ☐ Yes ☐ No Any difficulty collecting? ☐ Yes ☐ No

Does the container hold the entire sample? ☐ Yes ☐ No

Where was it produced? ☐ At Axis ☐ Elsewhere Container from: ☐ Axis ☐ Other

If brought from elsewhere, did you keep it close to your body? ☐ Yes ☐ No

If no, or if any sample was lost, please explain _____

Are you taking any medication? ☐ No ☐ Yes

If yes, name of medication _____

The information I have given above is true and complete.

Patient's signature _____ Date _____