

Semen Sample Collection Instructions

Please follow the instructions closely. Failure to do so may result in inability to perform the requested procedure. To achieve optimum results, please abstain from any sexual activity (ejaculation) for 2-7 days (no less than 2 and no more than 7), prior to collecting a sample.

AVOID SAMPLE CONTAMINATION

1. Wash and dry hands prior to collection.
2. Do not use lubricants during sample collection.
3. If a partner is assisting with collection, please refrain from sexual intercourse and oral stimulation.
4. Use only the container supplied for collection.

COLLECTION INSTRUCTIONS

1. Write your name on the specimen container label.
2. Complete Section I of the 'Requisition and Collection Form'.
3. Collect the *entire* sample into the container provided.
4. Seal container tightly and place it into the bag provided. Bring it with your paperwork to the office lab.
5. MRC staff **must** accept the specimen and verify your identification before you leave. Do not leave the sample unattended; failure to comply may result in discarding your sample.