

# Fertility Center

140 East Ridgewood Avenue  
Suite 590 S  
Paramus, NJ 07652  
201 634 5400 -- 201 634 5503 fax  
www.valleyivf@valleyhealth.com



## SEMEN COLLECTION INSTRUCTIONS FOR SEMEN ANALYSIS AND IUI

### **BEFORE SCHEDULING A SEMEN ANALYSIS APPOINTMENT:**

Please send in the front and back of male insurance card, photo identification, contact number, and partner's name to [valleyivf@valleyhealth.com](mailto:valleyivf@valleyhealth.com). Fertility Center patients must include both partners' names in body of email. Non-Fertility Center patients must include a prescription from referring physicians with a diagnosis code. **Please wait 24-48 hours after sending your information to receive a call to schedule the appt.**

### **ON THE DAY OF YOUR APPOINTMENT:**

**Please bring your insurance card and current photo identification. Male Patient must bring the sample for the Semen Analysis.**

- If your partner is undergoing an IUI treatment cycle at the Fertility Center, the nurse will relay the instructions to you and/or your partner. **Patient and intimate partner must sign the semen collection form, if your intimate partner is dropping off your specimen for IUI.**

### **INSTRUCTIONS FOR COLLECTION:**

**It is very important that you follow these instructions to avoid unnecessary repeating of test. Please refrain from ejaculating at least two days (2) but not more than five (5) days prior to collection of specimen on the day of your appointment.**

If collecting at home:

- The sample must be collected in a sterile container. Collection kits are available from our office.
- Because semen specimens can become contaminated with skin bacteria during collection, we recommend that you shower before collecting your specimen. Please, do not use lotion, talcum or baby powder after showering.
- *Special mineral oil in the collection kits, is the only lubricant that should be used for sperm collection.* (Other lubricants such as soaps and saliva should not be used.)
- **A completed Semen Collection Record must accompany the specimen.**
- Please be sure to label the specimen container with the following information:
  - Your full name, your date of birth, your partner's name, your partner's date of birth, date and time of collection
- It is important that you collect the entire ejaculate in the specimen container. If any of the ejaculate, including the first portion, is missed the analysis may be inaccurate.
- **Please bring your specimen within 1 hour of collection.** We recommend carrying the container in an inside pocket next to your body to maintain the specimen at body temperature.
- You will meet with an Andrologist, who will accept your specimen, after they have completed an identification process.

A private collection room is available upon approval.

***Non-Fertility Center patients – please contact your referring physician for results.***

**The Andrology Laboratory can be reached at 201-634-5527 for any additional questions.**