

Semen Collection

Instructions & Questionnaire



**NORMAN
REGIONAL**
Health System

Check and/or provide response; return with specimen.

Patient Name (Last, First, Middle): _____

Birth Date (mm-dd-yyyy): ____ / ____ / ____

Collection Date and Time: ____ / ____ / ____ @ ____: ____ am / pm

Number of days since last ejaculation: _____

Attention Clerk / Clinic: Check one of the choices below when handing out kit.

_____ For **Semen Analysis**, submit specimen **within 1 hour of collection**.

_____ For **Sperm Count** or **Post Vasectomy Sperm Count**, submit specimen **within 24 hours of collection**.

For the most accurate results follow these instructions:

1. Abstain from ejaculation for a minimum of 2, but not longer than 7 days before collecting the sample.
2. Wash your hands and genital area with soap. Rinse thoroughly so all soap is rinsed away. Soap will kill sperm.
3. Open container.
4. Masturbate to ejaculation. Other methods of collection may be harmful to your sample and you may be required to provide another sample.
 - Avoid vaginal or oral secretions and lubricants which will contaminate your sample.
 - Do not collect semen specimen in a condom
 - If above criteria cannot be followed, it is best to collect another day.
5. Deposit all your semen into sterile container. Do not touch inside of container.
6. Tightly secure cap into container.
7. Keep container upright.
8. Protect the specimen from temperature extremes:
 - a. Keep specimen away from direct sunlight by placing into the black bag provided
 - b. Maintain specimen as close to body temperature as possible.
 - c. Do not heat the specimen above body temperature, as this will kill the sperm.
 - d. Do not refrigerate the specimen, as cold temperature will adversely affect sperm.
9. Label container with patient's name (first and last) & date and time of collection. Do not label lid.
10. Deliver specimen within timeframe listed above to the laboratory at Norman Regional Hospital, where testing is performed.
11. Lab staff may ask for driver's license and insurance card. Please have available when arriving to Lab.

Drop Off: Norman Regional Hospital –3300 HealthPlex Parkway, Norman, OK 73072 - **Main Entrance – Check-In Desk**

Questions: Phone: 405-307-1100

New Drop-Off Location for Norman Regional Laboratory



**NORMAN
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Health System

Semen Specimens

Please read all instructions before attempting to collect your specimen.

Hours of Operations available for Drop Off

- Specimens are accepted **Monday-Friday**, excluding holidays, **8:00 AM – 3:00 PM**
- Specimens should be delivered to **Norman Regional Hospital – Main Entrance**
 - 3300 HealthPlex Parkway, Norman, OK 73072 (Map & Instructions Below)

Parking and Building Access Instructions

- Access the Norman Regional Hospital **Main Entrance** via **HealthPlex Parkway**
- Follow the roundabout towards the multi-level **Parking Garage (Lot G)**, where the first two floors are reserved for Norman Regional patients
- Park your vehicle and enter the **Main Entrance** on the **1st Floor**
- Proceed to the **Check-In Desk**
- Tell the Clerk that you have a **specimen to drop off for Lab Services**
- A Lab Clerk will come greet you and retrieve the specimen

