

UROLOGY ASSOCIATES, P.C.

North Shore University Hospital SEMEN ANALYSIS INSTRUCTIONS

PLEASE CALL NSUH (516) 562-1760 between 11am to 1pm Monday- Friday TO MAKE AN APPOINTMENT TO DROP OFF YOUR SPECIMEN. (You cannot drop off your specimen at Urology Associates)

PHONE INSTRUCTIONS: Information given to patient prior to clinical testing.

- Must have written prescription from doctor requesting what is to be performed.
- Specimen should be collected in a sterile container, preferably by masturbation, after 2 to 3 days of sexual abstinence:
 - This means, you must ejaculate 2 to 3 days before **your scheduled test date at NSUH**, and not again until you are collecting your specimen for the test.
 - ❖ DO NOT collect semen specimen food jars or any other non-sterile containers
 - ❖ DO NOT use store bought condoms for collecting your specimen. It will immobilize sperm cells.
 - ❖ DO NOT use any lubricants in aiding the collection of your specimen for testing.
- If you are unable to collect your specimen by masturbation, please call NSUH at the above number. They have specially made condoms that are available for you. They can be picked up at the NSUH fertility lab, or we can mail them to you, prior to your test date.
- If you lose any portion of your specimen during collection, please discard it and call the laboratory to schedule a new appointment.
- After collecting your specimen, make sure the cap is tightened on the container.
 1. Wrap the container with aluminum foil.
 2. Put container in a sock or towel and place inside your coat pocket. This will prevent COLD SHOCK! (This is very important especially during the winter months)
- The specimen should reach the lab no later than 90 minutes after the specimen has been collected. **THE SOONER THE BETTER!** (If there is a problem, we have a private bathroom at our facility where you may collect the specimen.
- The longer the specimen sits after you have collected it, the more likely the sperm WILL DIE!
- At the NSUH Fertility Lab, you will be given a label. Please make sure the specimen container is labeled with your
 1. Name
 2. Date
 3. Time specimen was collected
 4. Number of days you have been sexually active

Payment must be made at time the specimen is submitted.

Cash, money order or checks payable to: North Shore University Hospital

- NSUH does accept some insurance coverage. Bring the following information with you:
 1. Insurance card
 2. Referral form your primary physician
- When you call to make your appointment at NSUH, the secretary will let you know if they accept your insurance.
- **Please be prepared to pay for the test if your insurance is not accepted.**