



For the patient

Sample collection guidelines: Semen testing



Guidelines for the patient

Examination of a semen sample is only possible if the sample has been obtained and transported in accordance with specific regulations.

If you cannot comply with the regulations, no reliable result of the analyses can be guaranteed.

Procedure:

- Three days of sexual abstinence beforehand.
- Firstly, discharge urine.
- Wash hands and genital area thoroughly with soap and water, rinse off soap and dry everything with a fresh towel. Throw the towel in the laundry basket after use.
- Induce the semen sample only by masturbation.
- Dispose of the semen sample directly into the special container provided for that purpose.
- Close the container firmly by twisting the cap.
- With the cap facing upwards, take the container to the laboratory immediately, under your jumper or cardigan. The sample must be kept at body temperature and is therefore best kept as close to the body as possible.
- The semen sample must be examined within 1 hour of discharge.
- When handing in the sample, please precisely mention the time of ejaculation and the number of days of abstinence.
- You should also mention whether any part of the semen sample has been (accidentally) lost.

If you are unable to comply with these regulations, we shall always offer you the option of preparing a semen sample in the laboratory in a room provided for that purpose.

This examination cannot be executed during standby duty or on leave days.

In case of doubt, please contact the laboratory by phone in advance.