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### **Patient Instructions for Semen Analysis**

- Please bring the following when you arrive for your test:
  - The signed physician order (Must include the Male partner's name, DOB, test requested, and ICD10 code)
  - Insurance information
  - Photo ID
- All tests are performed by appointment only.
- Contact your ordering physician's office with any questions.
- Semen Analysis:
  - Abstention from sexual relations for 2-3 days is preferred
  - The specimen should be produced by masturbation into a clean, sterile container. A specimen cup may be obtained from the laboratory or your doctor.
  - Do Not use any lubrications or lotions. Only Sterile Liquid Glycerin can be used (this is obtained through a pharmacy).
  - The specimen should arrive in the laboratory no later than 60 minutes after production.
  - The specimen should be kept at body temperature and not exposed to extreme heat or cold.
- Sperm Freeze:
  - Additional fees apply. Consent forms and storage agreements are required to be filled out at your appointment time.