

# COLLECTION INFORMATION

## Before You Collect a Sample

- You will need to obtain an order from a Minnesota licensed physician prior to scheduling. Your physician can place a referral on-line, fax it to the laboratory directly, or give to you to bring to your appointment.
- You should not have sexual activity for two to seven days before collecting a semen sample. It should be more than two days from your last ejaculation but not more than seven days.
- Both the Minneapolis and Lilydale locations have private rooms to collect your sample.
- If you are collecting the sample at home, please pick up a clean container at the lab.
- You will need to make an appointment to return the sample. Call the scheduling line for the location at which you wish to return the sample.
  - 612-863-4115 for MPLS
  - 651-379-3819 for LILYDALE
- The sample must be collected within one hour of your appointment for your test results to be correct.

## Collecting a Sample

- Clean the head of your penis with wet, soapy towelettes or cotton balls
- If you are not circumcised, pull back your foreskin and cleanse
- Rinse the cleansed area with a new towelette or cotton ball that is wet with plain water.
- Dry your penis well before you collect the sample
- Remove the lid from the collection container. Make sure the container is clean and dry
- The sample should be collected by masturbation into the container
- Lubricants or condoms should not be used while collecting the sample. They can kill the sperm and affect your test results.
- If you need to collect the sample with intercourse:
  - You can buy a non-toxic condom (one that won't kill your sperm) from the lab. After you are finished, seal the condom with the twist tie and put it in a clean container.
  - Make sure intercourse is not interrupted. This may harm the first part of the ejaculate and affect your test results.
- If a public hair or thread from your clothing falls into the container, do not take it out. The lab will take it out using a clean tool.
- Put the lid back on the container. Make sure it is closed tightly.

## After Collecting Your Sample

- Write the following information on the container with a pen or marker that will not run if the ink gets wet:
  - Full name
  - Date of birth
  - Date and time of collection
- Wrap the container in a dry towel and place it in a paper sack. Keep it at room temperature.

## Returning Your Sample

- Please bring a photo ID (such as a driver's license) and your insurance card with you. If you are having a diagnostic test performed, you will be asked to pay at the time of service with cash, check or credit card.
- If you collected the sample at home, bring the container to the lab at your appointment time. This should be done within one hour of collecting the sample.
- If some of the sample was lost while you were collecting it, please tell the lab staff.

## After Your Appointment

- Your results will be delivered to the ordering physician within 2-3 days of your collection. Please contact your physician to obtain your results.

# LABORATORY HOURS AND LOCATIONS

## CENTER FOR REPRODUCTIVE MEDICINE-MINNEAPOLIS

2828 Chicago Ave. S.

Suite 450

Minneapolis, MN 55407

Phone 612-863-4115

Fax 612-863-4146

Email: andrology@ivfmin.com

**Monday-Thursday** 7:30 a.m.–4:00 p.m.

**Friday** 7:00 a.m.–3:30 p.m.

**Saturday/Sunday** 7:30–10:30 a.m. (inseminations only)

**Holidays–Closed:** Thanksgiving Day, Christmas Day, New Year’s Day, Easter Sunday

**Call Laboratory for Other Holiday Hours**

**Tests performed:** All Andrology tests and insemination preparations

## CENTER FOR REPRODUCTIVE MEDICINE-LILYDALE

991 Sibley Memorial Hwy

Suite 100

Lilydale, MN 55118

Phone 651-379-3819

Fax 651-379-3111

Email: andrology@ivfmin.com

**Monday**-1:00 p.m.

**Tuesday–Thursday**-1:00 and 1:30 p.m.

**Saturday/Sunday & Holidays**–Closed

**Tests performed:** Semen analysis, Post-vasectomy analysis, Semen cryopreservation