



## HOME COLLECTION INFORMATION

### BEFORE YOU COLLECT A SAMPLE

- You will need to obtain an order from a physician [licensed and practicing in the United States] prior to scheduling. Your physician can place a referral on-line, fax it to the laboratory directly, or give it 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 St. Paul 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. (Call 612-863-4115 for Minneapolis or 651-379-3110 for St. Paul)
- 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 soap and water.
- If you are not circumcised, pull back your foreskin and cleanse.
- Rinse the cleansed area 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 pubic 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 not billing to insurance or if your insurance is out-of-network, you will be asked to pay at the time of service with cash, debit 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 3–5 days after collection. Please contact your physician for results.

## CENTER FOR REPRODUCTIVE MEDICINE

### **MINNEAPOLIS — MIDTOWN MEDICAL BUILDING**

2828 Chicago Ave S, Suite #450, Minneapolis, MN 55407

Phone: 612-863-4115 Fax: 612-230-6903

Email: [andrology@ivfmn.com](mailto:andrology@ivfmn.com)

#### **Hours of Operation**

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. (insemination only)

Holidays (Christmas Day, New Year's Day): Closed

Call the laboratory for other holiday hours

#### **Tests performed:**

All andrology tests and insemination preparations

### **ST PAUL — STONEBRIDGE OFFICE BUILDING**

991 Sibley Memorial Hwy, Suite #100, St. Paul, MN 55118

Phone: 651-379-3110 Fax: 651-379-3111

Email: [andrology@ivfmn.com](mailto:andrology@ivfmn.com)

#### **Hours of Operation**

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

Friday: 7:00 a.m. – 3:30 p.m.

Saturday/Sunday & Holidays: Closed

**Tests performed:** Semen analysis, post-vasectomy analysis  
and semen cryopreservation