

Instructions for the collection of a specimen of semen

It is advisable that you **avoid sexual intercourse for 3 days** prior to producing a semen sample.

The semen sample must:

- NOT be produced using a condom or lubricant, as this will affect the semen sample making it unsuitable for analysis.
- Be a product of masturbation in order to avoid contamination of the sample.
- The whole sample must be passed directly into the sample pot that has been provided by the clinic.
- Write your name, date and time of producing the sample on the label provided, ensure the lid is fastened tight on the pot and place the pot in the specimen envelope.
- Be brought to the reception desk of the **PATHOLOGY DEPARTMENT**, on A' level of the main hospital, **between 9.00am and 1.00pm Monday to Friday, within an hour of producing the sample**, and hand directly to a member of staff.
- Keep the sample warm at body temperature during transportation to the laboratory i.e. inside your pocket.

It is important that these guidelines are followed, to enable the specimen to be analysed accurately.

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