



**Central Maine Fertility Center**

287 Main St, Suite 201

Lewiston, Maine 04240

Phone: 207-795-7180 or 1-800-978-0315

Fax: 207-795-7179

**Complete Semen Analysis Collection Information**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Scheduled Appointment Date/Time: \_\_\_\_\_

**Please fill out this form and return it with sample**

Please be advised that an appointment MUST BE MADE before any specimen for analysis is collected and delivered to the Central Maine Fertility Center (CMFC) Lab by calling 207-795-7180, 207-795-5785 or toll free at 1-800-978-0315.

**Specimen Collection:**

- It is recommended that the semen sample be collected following 2 to 7 days of sexual abstinence from ejaculation.
- No lubricants or other contaminants (such as saliva) should be used for collection. No regular condoms or *coitus interruptus* (vaginal withdrawal before ejaculation) should be used for collection. Special condom kits may be purchased at the Central Maine Fertility Center for collection with intercourse, described below.
- Please be sure that the whole sample is collected and the specimen container labeled with the patient name, date of birth, date and time of collection.
- The specimen must be delivered to the office laboratory within ONE HOUR of collection and transported by being held against the skin in cold weather. Likewise, excessive heat or sun exposure should be avoided as any extremes of temperature may be detrimental to the sperm. 20 to 40 degrees Celsius is recommended.

**Methods of Collection:**

There are 2 methods of collection for semen analysis:

- 1) The specimen may be ejaculated into a clean, dry, sterile wide-mouthed container of plastic or glass such as those used for urine or sputum. It is important that the whole sample be collected. If not, the sample should be labeled incomplete.
- 2) The collection may also be made by using the Hygene Seminal Fluid Collection Kit. A special condom is provided with the kit which allows the couple to collect the sample by having sexual intercourse. These may be purchased at the CMFC.

Feeling anxious about producing a specimen is common. Please discuss any questions or concerns with the doctor or fertility coordinator.

**Sample Labeling Instructions and Collection Information:**

Label the sample container with name, date of birth, date and time of collection. Also, please answer the questions below and bring in with sample to be analyzed. *This information MUST accompany your labeled sample:*

Collected:  Central Maine Fertility Center  Elsewhere

Date of collection: \_\_\_\_\_

Time of collection: \_\_\_\_\_ am / pm

Days since last ejaculation: \_\_\_\_\_

Collection method:  ejaculation into specimen container  Hygene Seminal Fluid Kit

Was the entire ejaculate collected?  Yes  No

If No, what approximate portion was lost? \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

