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3. Specimens usually can be collected at home or at the Andrology Lab. In general, we recommend producing the specimen in the laboratory, but if produced at home please make sure the specimen is brought to the laboratory within an hour and is kept as close to body temperature as possible. If you are considering cryopreservation (freezing) your sperm, you will likely be required to provide the specimen at the laboratory.

4. Specimen collection instructions:

- a. Empty your bladder by urinating in the toilet.
- b. Collect the specimen by ejaculating into a sterile wide-mouthed container (you can get this from a local pharmacy or stop by our office).
- c. Please bring the sample to the office within one hour of collection to insure that the best possible specimen will be examined. Please keep the specimen at body temperature.
- d. **DO NOT URINATE AFTER** giving the specimen. When you arrive at the Lab (or if producing at the Lab) they may request a urine sample that is also part of the evaluation.

If you have any questions about these instructions please call the laboratory. It's important to have a properly collected specimen for evaluation.

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### Andrology Laboratories:

We have listed several local laboratories below. Please check with the Laboratory to make sure that the tests requested by your Physician can be performed by that laboratory. Also check to see if the Laboratory accepts your insurance and whether there will be out-of-pocket costs. Each laboratory might have specific requirements for producing and transporting specimens, which you should follow.



**Men's Fertility Laboratory**  
**900 Northern Blvd., Suite 230**  
**Great Neck, NY**  
**516-487-2700**

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# Semen Analysis

## Patient Information



# SEMEN ANALYSIS

## What you need to know



Your Doctor has referred you for a semen analysis. For many of our patients this is the first time this test has been requested, and can sometimes make our patients feel nervous or anxious. Others, that have had the test, may have forgotten the specifics of the procedure. We hope this short brochure will allay some of your concerns by helping you understand how the test will help your Doctor decide on the best treatment options for you and your partner. This brochure will describe what the semen analysis is, what you need to do to prepare for the test and local labs that provide testing.



### What is a semen analysis?

A semen analysis is an important part of the male fertility evaluation. It also is often the best way to diagnose a variety of conditions that might affect your production of sperm or your partner's fertility.

The semen analysis is a test performed on the fluid produced by ejaculation called semen. The specimen is collected by you in a sterile container either in the privacy of your home and brought to the specialized laboratory (called an Andrology laboratory) or produced in a private room at the Andrology Laboratory.

The testing that is performed on this specimen examines the cells and fluid that is in your semen and provides information about the health of your sperm and components of the semen that might affect sperm function. There are often more than 30 unique individual tests that are performed on each specimen. The information produced by these tests is called the "semen analysis."

### How do I prepare for the test?

Preparing for a semen analysis is easy, just follow the steps listed below. These are general instructions. Each Lab may have their own requirements. Please ask the Lab you choose for their specific instructions.

1. Call the lab and make an appointment.
2. Please do not have sex or masturbate for 48-72 hours prior to specimen collection. This will give the best representative specimen. You may eat and drink prior to the test—no need to fast.