

RINEHART CENTER FOR REPRODUCTIVE MEDICINE

2500 Ridge Ave. Suite 200, Evanston, IL 60201 ~ Telephone 847-869-7777 ~ Facsimile 847-869-7782
3825 Highland Avenue, Suite 2M, Downers Grove, IL 60515 ~ Telephone 630-960-2570 ~ Facsimile 630-960-2694
233 E. Erie, Suite 500, Chicago, IL 60611 ~ Telephone 312-944-2600 ~ Facsimile 312-944-0100

Your physician has ordered a semen analysis for you. Semen analyses are performed on scheduled appointments only. You must schedule an appointment by calling our office.

The physician order for this test is on the reverse side. You need to complete the registration and insurance information prior to your appointment. Please bring your insurance card to the appointment so that we may copy it. We **must** have the physician order on the day of the scheduled test.

Collection Instructions:

1. The specimen must be collected in a sterile container. A sterile specimen container may be obtained through your ordering physician or the Rinehart Center. Some pharmacies may offer specimen containers for purchase, please make sure they are *sterile* specimen containers.
2. Before collecting the specimen, wash your hands with soap and water. It is important to dry your hands thoroughly as water is "spermicidal", which means it can kill sperm.
3. The specimen should be collected by masturbation. Do not use lubricants such as lotions, petroleum jelly, etc. as these may interfere with the evaluation.
4. Label the container with name, social security number, birth date and partner name, if applicable, collection time and if any of the specimen was lost or spilled. If the label is supplied separately, place the label on the container, not the lid.

Sample:

Name: <u> Doe, John </u>
SSN#: <u> 123-45-5678 </u> DOB: <u> 01/01/72 </u>
Partner Name: <u> Doe, Jane </u>
Any Lost or Spilled: Y <input type="checkbox"/> N <input checked="" type="checkbox"/> Collection Time: <u> 11:00 </u>
Days of Abstinence: <u> 2 days </u>
Signature: <u> John </u>

5. For standard semen analyses a set period of abstinence (time without ejaculation) is not required. For post-vasectomy semen analyses, 3-5 days of abstinence is required. We do ask that you record your abstinence period for informational purposes.
6. Securely fasten the lid to the cup. It is important that the threads of the cup and lid are matched correctly so no semen spills.
7. Place the sample in a plastic bag (a Ziplock™ works well)
8. You may collect the specimen at home and bring it to our office.

9. Transport the specimen to the office within 45 minutes of collection to obtain the best results. During transport try to keep the specimen near your body to maintain the temperature. A breast pocket or coat pocket works well.
10. If the specimen has a reduced motility (less than 25% of the sperm are progressively moving), we may ask you to provide a second specimen at a later date. This second specimen should be collected in the office to properly evaluate motility.
11. Please follow these instructions to ensure the best results.