ALOMERE
HEALTH

SEMEN ANALYSIS INSTRUCTIONS

Call the hospital lab at 320-762-6152 to schedule an appointment for testing. Scheduled appointments are Monday through Friday only, excluding any holiday, between 8:00 am and 1:30 pm Do not bring sample if appointment has not been made. Be aware if unable to be on time for the appointment, you may be asked to reschedule. Please notify the lab as soon as possible if unable to keep appointment.

Criteria for collection:
- At least 4-5 days abstinence is required prior to the collection of test sample.
- The semen sample must arrive in the lab within 30 minutes of collection. If arrival of sample will be >30 minutes due to distance from the hospital, inquire about collecting at the hospital when scheduling.
- The sample must be kept warm (body temperature, avoid excessive heat and cold, no warm packs).
- Collect the sample in a manner that does not allow for any loss of the specimen.
- The preferred method is to collect the sample directly into a sterile plastic container such as a urine collection cup by means of masturbation.

Bring specimen directly to the Alomere Hospital Laboratory, located on the lower level of the building. Bring this completed sheet to the appointment. A signed provider order for the test either in paper form or EMR is required.

Please complete the following information and bring this form to the lab along with the specimen.

Name _____ Birthdate _____/_____/_____

Date and time specimen produced: _____

Collection type: Direct self-production (masturbation) or condom, well rinsed prior to use

Length of abstinence _____ days (4 to 5 days recommended)

Name of ordering provider _____

LAB USE ONLY-Pale gray boxes are resulted in Beaker

Appearance			
pH			
Volume			
Viscosity			
Calculation Worksheet	Row 1	Row 2	Average- Add count of Rows 1 and 2, divide by 2. **Report average for total sperm count and % motility**
Motile Sperm Counted			
Total Sperm Counted			
Percent Motility- Divide motile sperm by total sperm count to determine percent motility			