SEMEN COLLECTION
Answers to Questions You May Have

WHAT TO DO WHEN YOUR DOCTOR REFERS YOU TO FERTILITY SOLUTIONS INC.

Your physician has asked you to provide a semen sample for diagnostic analysis. Proper collection of the sample will increase the reliability of the testing. We have compiled some of the most frequently asked questions about collecting a semen sample, to assist you in providing the best sample possible for the studies which your physician has requested. Please do not hesitate to call us for additional information if you have other questions or concerns.

DO OTHER MEN FIND THIS EMBARRASSING?

Most men feel somewhat uncomfortable or nervous about producing a semen sample. Our goal is to make you feel as comfortable as possible by providing a respectful and comfortable environment.

ARE ANY SPECIAL PREPARATIONS NECESSARY BEFORE COLLECTING A SAMPLE?

Unless your physician instructs otherwise, you should refrain from sexual activity which results in semen emission for 48 to 72 hours before your appointment. Abstinence less than 48 hours is likely to dramatically affect results, such that we recommend rescheduling samples collected after smaller intervals. Longer than 72 hours is acceptable however. The important part of abstinence time is that extremely short or long intervals may mean the sample may not represent the usual sperm count or activity, and can provide misleading results. On the day of your appointment you should shower, being sure to wash your penis thoroughly.

HOW IS THE SPERM SAMPLE OBTAINED?

We recommend that all specimens be collected by masturbation into the container provided by our office. Your doctor may also provide a container, or you may purchase a sterile container from your local pharmacist. Do not use other plastic containers or glass jars which have been washed at home, as they may contain coatings that interfere with sperm activity and cause false results or reduce sperm function.

Lubricants of any kind (such as KY jelly or baby oil) must not be used, because they can kill sperm cells or reduce sperm motility. Only lubricants specifically labeled as “Non-Spermicidal” can be used. If used, please let us know at the time you drop off the sample. Specimen collection via intercourse or oral stimulation is not recommended, since portions of the sample can be lost or contaminated by bacteria and falsely indicate an infection. If it is impossible for you to collect a sample by masturbation, a special condom available from your physician or from Fertility Solutions, Inc. should be used.

Please make sure to write your name, last four digits of your Social Security number, the date and time of collection, and your physician’s name on the side of the container before giving it to laboratory personnel. Let the technologist know if any of the sample was lost or spilled during collection; this happens often and if unknown, can falsely suggest a problem. It is especially important to let us know if the first part of the sample was lost, as that can have a significant impact on the test results.

WHERE SHOULD THE SAMPLE BE COLLECTED?

Currently, we are having patients collect samples at home just prior to your appointment. If you can deliver the sample within one hour of collection, you may prefer to collect it at home. For many men, this is a more comfortable environment. We will mail a collection cup or you can pick one up at our office. Please keep the sample close to body temperature by placing the container near your body during transport (for example, in an inside pocket). Do not expose the sample to excessive heat or cold.

Please note that as long as the required information can be provided (below), samples can be dropped off by either the patient or their partner.

- What time was the sample collected:
- How long had it been since the last emission:
- Is the sample complete? Nothing was missed or spilled? ☐Yes ☐No
- If the sample is not complete, what part of the sample was missed: ☐beginning ☐middle ☐end
- Are you (is he) currently taking any of the following types of medications:
  ☐Testosterone (oral, patch, any form)
  ☐Steroid (any form)

If yes, please give the name and how long you have been on the supplement:
HOW MUCH DOES LAB WORK COST?
The cost of your visit will depend on the type of test your doctor has requested. Please contact the office for specific pricing. Please call Fertility Solutions, Inc. at 216-491-0030, x200 with any questions or to schedule an appointment.

HOW DO I SCHEDULE AN APPOINTMENT?
Please call 216-491-0030 x200 to schedule an appointment. Our office hours are 8:30 am – 5:00 pm Monday through Friday. Appointments are available Monday through Friday 9:00 am – 2:00 pm. To assist us in preparing, please have the following information ready when you call:

- Social Security number and birth date
- Your referring physician’s name
- Type of test ordered (i.e., semen analysis, post vasectomy screening, etc) – this should be indicated on the requisition form provided by your physician

You will need to bring the doctor’s requisition with you to your appointment. You may also have the doctor’s office fax the requisition to us at 216-491-0032.

HOW WILL I BE BILLED FOR LABORATORY SERVICES?
Payment is due at the time of the visit and can be made by cash, check, Mastercard, or Visa. We do not accept insurance assignment, but we will provide needed documentation to assist you in filing an insurance claim if necessary.

ABOUT FERTILITY SOLUTIONS, INC.
FSI is a Cleveland-based company created to provide state of the art semen analysis. Our mission is to deliver outstanding service and products to patients with fertility disorders and to physicians who diagnose and treat these disorders. We are also the nation’s leading manufacturer of quality controls and training products for semen analysis. We are the Semen Analysis Experts®.

LOCATION
We are located in the Jefferson Park office complex, located on Richmond Road, north of Miles and just south of Emery. Our office doors face Richmond, and free parking is available in front of the building.