

## Semen Collection Instructions for Fertility Care Clinic

Semen is the fluid that comes out of the penis during sexual activity. This fluid contains sperm. A semen sample may be studied in the lab for many reasons, including processing for intrauterine insemination (IUI), cryopreservation (freezing), or in vitro fertilization (IVF). The results depend on how you collect and handle the sample as well as other factors.

**If you do not follow these instructions, your sample may be rejected.**

### Before the Semen Collection

You must be a patient at Fertility Care to have your semen studied in our lab. If you are not a patient, call the clinic at **(608) 824-6160** to schedule your initial visit. The clinic is located at 2365 Deming Way, Middleton, WI 53562.

### Semen Collection Information Collection Appointments

- An appointment is required for semen collection.
- Walk-ins and same day appointments cannot be accommodated as specimens must be processed in a timely manner.
- Bring a valid government issued photo ID card to your appointment.

### Days of Abstinence

- Semen should be collected by masturbation after 2-3 days of abstinence (no sexual intercourse, masturbation, or ejaculation).
- Longer periods of abstinence, greater than 7 days, should be avoided, as this may increase the number of dead sperm in the semen.

### Collection Containers

- Semen sample must be collected into the sterile container provided by the clinic.
- Collection kits are available at the clinic and can be mailed to you by request.
- **Do not** collect the semen in any other container, as it may result in decreased survival of the sperm.

### Collection Method

- Semen samples should be collected by masturbation.
- **Do not** use condoms or lubricant gel. These will kill the sperm in the semen.
- The **entire** semen sample must be collected in the container, especially the first part of the sample.
- A special nontoxic condom collection kit is available at Fertility Care clinic if you do not want to masturbate.

### Collection Locations

- Semen samples can be collected in the clinic or at home.
- Private rooms dedicated to semen collection are available at the clinic.
- Semen samples collected at home should be dropped off at the clinic within one hour of collection but must be dropped off within two hours of collection.

### Results

- Results will be available in MyChart within 7 to 10 days after your appointment.
- Results are automatically sent to your provider for review.
- Call the clinic if you have questions.

### **To Collect a Sample at Home**

1. Write your first and last name and birth date on the sterile container provided by Fertility Care.
2. Wash your hands and your penis.
3. Masturbate directly into the container and collect the **entire** amount of semen in the cup.
4. Twist the lid and secure it tightly onto the container.
5. If anything falls into the container, do not remove it. The lab will remove it using a clean tool.
6. Keep the sample upright and at body temperature by keeping it close to your skin or in a pocket.
7. **Avoid** getting the semen too hot or too cold.
8. Fill out the patient section on the Semen Specimen Tracking Form.
9. Bring your sample and valid photo ID to your appointment.
10. Check in at the front desk.
11. You will be shown to the receiving window at the Andrology Laboratory.

### **To Collect a Sample at the Clinic**

1. Bring your valid photo ID to your appointment.
2. Check in at the front desk.
3. You will be shown to a private room dedicated to semen collection.
4. Follow the instructions provided in the collection room.

### **Who to Call**

Fertility Care Clinic

Monday-Friday

7:00 am- 4:30 pm

**(608) 824-6160**

**Toll free: 1-888-474-3933**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4786.