

## Semen Collection Instructions for Generations 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. 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 registered patient at Generations to have semen studied in our lab. If you are not a registered patient, call UW Health Registration at **(608) 261-1600**

Specimen drop-off is by appointment only. Walk-in's and same day appointments cannot be accommodated as specimens need to be processed in a timely manner. Please call **(608) 824-6160** to schedule your visit at Generations Fertility Care Clinic. The clinic is located at 2365 Deming Way, Middleton, WI 53562.

### Best Way to Collect a Semen Sample

- Semen should be collected by masturbation after 3 days of abstinence (no ejaculation). **You must abstain to get accurate results.**
- Use only the sterile container supplied by our clinic.
- Do not use condoms or lubricant gel
- The **entire** semen sample is put into sterile cup.

### To Collect the Sample at Home

Collection kits are available at the clinic. A collection kit can be mailed to you if you ask. Home collection samples should be dropped off within one hour but can wait up to two. **A government issued ID card is required.** Follow the steps below to collect your sample.

1. Use only the sterile cup given to you.
2. Write your first and last name and date of birth on the cup.
3. Wash your hands well.
4. Masturbate.
5. Collect the entire amount of semen into the cup. **Do not** use condoms or gel.
6. Place the labeled cup into the plastic specimen bag, seal it and place it in the paper bag.
7. Keep the cup warm by putting it under your shirt next to your skin. Avoid extreme cold or heat.
8. Fill out the patient section on the chain of custody form.
9. Bring the sample and photo ID to our Generations reception desk.
10. Check in at the front desk.

### To Collect the Sample in Our Clinic

Bring a **government issued ID card** to the clinic.

1. Check in at the front desk. You will be shown where to collect your sample.
2. Follow the instructions provided in the collection room.

### Who to Call

The Generations Fertility Care Clinic  
Monday-Friday, 7:00 am - 4:30 pm  
**608-824-6160 or 1-888-474-3933**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 © 2/2022. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4786.