

Island Reproductive Services

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Semen Analysis Instructions

The semen analysis is a test to determine the number, quality of movement, and shape of sperm. Prior to the test, you should refrain from ejaculation for 2-4 days. The specimen should be collected in a special container provided by us or the site of the specimen collection.

DO NOT collect the specimen in a non-sterile container.

DO NOT use a condom or oral sex to collect a specimen. These methods may contaminate or harm the sperm. If you are unable to collect a specimen by masturbation, please let your physician know and he will give you more detailed instructions.

Label the container with your name, the date, your doctor, the time the specimen was collected and the number of days you have abstained from sex.

Sperm are very sensitive to cold temperatures. If you produce a sample at home to bring into the laboratory, keep the sample warm by keeping the container as close to your body as possible. Always make sure the container lid is closed tightly. The specimen should be brought to the laboratory within 30-45 minutes of its collection.

If for any reason you need freeze a specimen for later use, that must be done in our New Jersey office and arrangements must be made in advance.

** If you would like to have the specimen processed at our dedicated semen analysis laboratory in our New Jersey office, please call (908) 412-9909 to arrange a time at your convenience. A specimen can be brought there or produced there.

** Alternatively, a specimen can be processed by the Staten Island University Hospital lab at a specific site: 1 Edgewater Plaza. Call (718) 226-4040 in advance for an appointment and instructions.

** Quest can also perform the test but they are not a dedicated laboratory for semen analysis so the quality of the test may not be as good. For information about Quest sites contact them directly through their website www.questdiagnostics.com.