

**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 (if you produce the sample there).

If you would like to have the specimen processed at our dedicated semen analysis laboratory in Staten Island or New Jersey office, please call the above appropriate number to arrange a time at your convenience.

You must use a sterile container to collect the specimen.

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, your spouse's name, your date of birth, your doctor's name, and the time the specimen was collected.

Sperm is 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 on your body against your skin. Always make sure the container lid is closed tightly. Have the specimen brought to the laboratory within 30-45 minutes of its collection.

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

Results usually get sent back to us one day later and will be available after that time.