



## Instructions for Collecting Semen Specimens

- At least (3) days must have elapsed since the last sperm emission. (ejaculation)
- Collect the specimen directly into a sterilized container with a lid. The ordering provider's office or lab can supply the sterile cup.
  - **DO NOT COLLECT THE SPECIMEN IN A CONDOM**
- The specimen should be brought to the lab within 1 hour of collection time.
- A specimen brought from home should be kept at room temperature. It must be kept from being overly warm or from being chilled to ensure best examination results.

**Rogue Valley Medical Center Lab**

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**Open 7 days/week 8:00am – 8:00pm**