COLLECTION OF SEMEN SPECIMEN FOR THE STUDY OF MALE FERTILITY

All testing of semen MUST be scheduled in advance with the Clinical Laboratories. Testing is done at either Moffitt Hospital or Mount Zion depending on which is more convenient for you. Whichever location you schedule your appointment to you must also use that location for delivery of your specimen.

**Mt. Zion Hospital Testing** - Call (415) 885-7531. Appointments are available Monday through Friday from 7:00 am to 9:00 am. Specimen containers can be obtained from the Outpatient Laboratory, located at 2330 Post Street, Suite 100.

**For Moffitt Hospital Testing** - Call (415) 353-1747. Appointments are available Monday through Friday from 8:00 am to 10:00 am. Specimen containers can be obtained from the Outpatient Laboratory, located on the first floor of the ACC building, 400 Parnassus Ave.

1. You are to have no sex relations for at least 48 hours, but no longer than seven (7) days before you collect the specimen.

2. Specimen can be collected at home and brought immediately to the lab. (If the patient’s home is more than one hour away, it is acceptable to collect the specimen at the Outpatient Laboratory. Staff will direct you to a bathroom with a lock.)

3. Collect the sample. The most satisfactory method for obtaining it is by masturbating directly into a clean, dry specimen collection container provided by the clinical laboratory. You may be assured that such a single masturbation is not harmful in any way. If, however you have too great an aversion to this method, you must talk to your doctor. It is most important that all of the semen be collected, loss of a portion will give a misleading analysis. Do not use a condom of any kind.

4. Immediately after collection, place the lid firmly on the container.

5. Write your name and date and time and length of abstinence that the specimen was collected on the label on the container.

6. During the transportation, you may keep the specimen warm in a pocket near your body. Do not chill or warm the specimen in any way.

**For Mt. Zion Hospital Delivery**

Within 1 hour of collection deliver the specimen and doctors order and/or requisition to the Outpatient Clinical Lab at 2330 Post Street, Suite 100. Specimens will only be accepted from 7:00 am to 9:00 am Monday through Friday and only with an appointment.

**For Moffitt Hospital Delivery**

Within 1 hour of collection deliver the specimen and doctors orders and/or requisition to Hematology at Moffitt Hospital at 505 Parnassus Ave., 5th floor (Room M524). Specimens will only be accepted from 8:00 am to 10:00 am on Monday through Friday and only with an appointment.