



## Biohealth Medical Laboratory

GiGi Plaza, Market & Nevis Streets  
P.O. Box 1307, St. John's, Antigua W.I.  
Tel: (268)562-3738 • Fax: (268)462-2657  
www.biohealthlab.net • info@biohealthlab.net

### SEMEN ANALYSIS & CULTURE

The results of a semen analysis can be greatly affected by how the semen sample is collected. Please make sure you understand and follow these instructions closely. If you have any questions, comments, or inquiries, call the laboratory for assistance.

1. Abstain from intercourse/ejaculation for at least 3-5 days (*average 4 days*).
2. If possible, urinate before collecting the semen sample. This step is very important when obtaining a semen sample for microbiology culture. Because normal bacterial flora inhabits the genital tract, passing urine before collecting a semen sample serves to flush-out the normal flora thus preventing possible bacterial contamination.
3. Wash your hands and penis with clean warm water. Dry well, water/urine kills sperm cells.
4. Twist open the cover of the sample cup provided and place the cover up-side-down on a clean surface.  
**Note:** Sterile containers are used for semen samples requiring cultures while the regular, non-sterile containers are used for samples requiring semen analysis only.
5. Collect the entire sample / ejaculate by masturbation into the appropriate container provided. Take your time, stress can also affect the semen parameters. Do not use regular condoms, lubricants, or sexual intercourse as a means of collecting the semen sample as they may either kill sperm or result in improper collection.
6. Close the cup immediately and be sure the lid is secured tightly after collection. Label the cup with your name, then place it in the plastic or paper bag provided.
7. Protect sample from extreme conditions such as light (sunlight included), temperature changes (keep it warm, not hot). Do not drop or shake. Do not place in microwave nor refrigerator.
8. Deliver sample to the laboratory within 60 minutes after collection.

Patient Name: \_\_\_\_\_

Date & Time of Initial Ejaculation to begin abstinence period: \_\_\_\_\_

Date & Time of Sample Collection: \_\_\_\_\_

Days Abstained: \_\_\_\_\_

Was entire sample collected into the cup? ☐ Yes ☐ No