

INSTRUCTIONS FOR THE COLLECTION OF SEMEN SAMPLES

Please note the Leicester Fertility Centre does not have facilities for the production of semen samples for analysis

- The container must be **fully labelled** with all known details, and then placed into the sealable bag (if provided). If the container does not have your first name, surname and date of birth on it we will **not** be able to test it.
- You **must have a request form from your clinician** to accompany your sample. If you do not have a form you **must** obtain one from your clinician prior to bringing in your sample as we can **not** analyse it without one.
- Please bring the sample to the reception desk of the Leicester Fertility Centre, Kensington Building between **9am & 12 noon Monday to Friday** (excluding Bank Holidays).
- Please **wash your hands and penis** thoroughly before producing the sample. Please do **not** use any lubricants as these are toxic to sperm
- We recommend that for optimum results you abstain from intercourse / ejaculation for **more than 2 full days but less than 7 days**. *The ideal period of abstinence is 2-3 days.*
- The sample should be collected by **masturbation** directly into the sterile container provided and should be complete i.e. the entire sample must be collected into the container.
- Withdrawal at intercourse should **not** be used to produce a sample, as the first part of the ejaculate that contains the majority of the sperm may be lost. If you are unable to produce a sample by masturbation we can provide **special silastic condoms** into which you can collect your sample. These are available at our reception at a cost.
- Do not transfer a sample that has been collected in a normal condom, as the **spermicide** in the condom will kill many of the sperm.
- The sample should arrive at the Centre within **1 hour** of production of the sample. The sample should not be heated or cooled but kept roughly at **body temperature** e.g. in a pocket.
- Please tell one of the reception staff when handing in the sample at the Centre.
- **If you have any questions please contact the Leicester Fertility Centre on 0116 258 5922 or e-mail us at enquiries@leicesterfertilitycentre.org.uk**