



Patient Instructions for sperm analysis

SALTRO-instructies

Instructienummer KCDIV.025-I01-E

Collection instructions for sperm analysis

*Please read and adhere to these instructions **carefully**.*

Before collecting the semen specimen, the penis must be washed with water (do not use soap) and dried well.

The semen specimen must be collected by masturbation. It is not necessary to abstain from sexual relations (ejaculation) prior to collection. Do not use a condom as this can negatively affect the sperm quality. Ejaculation through sexual intercourse is also discouraged.

The specimen should be collected in the special container provided to you by your doctor. Do **not** clean the inside of the container prior to collecting the specimen.

If part of the specimen is not collected in the container, attempt to return the lost portion to the container. If the lost portion can not be returned to the container, this must be indicated when delivering the specimen to the laboratory or on the questionnaire. Also indicate if it was the first or the last portion of the specimen that was lost.

The specimen may not be exposed to extreme temperatures. This applies to the **collection** of the specimen as well as **the transport** to the laboratory. The specimen must be kept between room temperature and body temperature. It is therefore recommended the container be carried in an inside pocket of clothing. **Be especially careful of this in winter.**

The specimen must be delivered to the laboratory within one hour of collection. The specimen can be delivered to Saltro on normal business days between 8:00 and 15:00.

Saltro

Poli Mississippiidreef 83
3565 CE Utrecht

Normal business days between 8:00 and 15:00
Telephone number: 030 - 236 11 36