

## Instructions for correct semen analysis

It is important to maintain the composition of the semen safe and whole, so the instructions below will help you to accomplish that.

- There must be abstinence from sexual intercourse or ejaculation for two to four days. This interval is calculated by the days in which we do not count the day of the contact and the day of the examination.
- The semen specimen can be taken to an IVF specially configured area, after booking an appointment, where the unit's secretariat can lead you to it.
- In the appropriate room, there is audio-visual material for your convenience. If you find it difficult or you cannot handle it, you can refer to the embryologist and those to provide you help either by specific administered medication or with the presence of your partner. If you choose to collect the specimen at home, it **must** be collected in a clean specimen container with a secure lid, such as one with a screw-on cap. Do **not** bring the specimen in a bag, or a condom, etc.
- The specimen must be collected by masturbation directly into the container. Avoid use of lubricants as they are toxic to sperm.
- Empty your bladder, then wash and rinse your hands before the sample is collected.
- Seminal fluid must be collected by masturbation. Interrupted intercourse is not acceptable because the first portion of the ejaculate, which contains the highest concentration of sperm, may be lost
- DO NOT REFRIGERATE the specimen or allow the temperature to rise above body temperature.
- Label the container with your name and date of birth.
- You will remain in the unit until the embryologist ascertains that the sperm is satisfactory in quantity and morphology. Otherwise, you may be asked to repeat the procedure.