

## SEMEN ANALYSIS INSTRUCTIONS

- Your semen sample is to be collected by **masturbation only**. Sexual **abstinence of 2-3 days** is required. The entire ejaculate should be placed into the sterile plastic container supplied by your provider or by any laboratory.
- Do not use** baby oil or other lubricants. These products are toxic to sperm.
- Semen transferred from a condom are not acceptable**. Many condoms contain spermicides or lubricants that are toxic to sperm and some of the sample may adhere to the condom resulting in an alteration of the sperm concentrations.
- The **container must be labeled** with your name, medical record number and the collection date and time.
- Your semen sample should be protected from temperature extremes and agitation during transport to the laboratory. Keeping **the specimen at body temperature** by placing the cup close to your body is best.
- Your semen sample **must be delivered to the laboratory within 60 minutes** after the collection to maintain the reliability of the motility and agglutination determinations.
- Semen samples for fertility may **ONLY** be delivered to one of the following Kaiser Laboratories:

Medical Center	Address	Phone Number	Days and Hours of Operation
Roseville Medical Center	1600 Eureka Rd Roseville, CA 95661	(916)784-4000	M-F 7:00am-3:00pm
<b>Sacramento Medical Center</b>	<b>2025 Morse Ave Sacramento, CA 95815</b>	<b>(916)973-5800</b>	<b>M-F 7:00am-12:00pm</b>
South Sacramento Medical Center	6600 Bruceville Rd Sacramento, CA 95823	(916)688-2000	M-F 7:00am-12:00pm
Manteca Medical Center	1721 West Yosemite Ave Manteca, CA 95337	(209)825-3700	M-Th 7:00am-2:00pm
Modesto Medical Center	4601 Dale Rd Modesto, CA 95356	(209)557-1000	M-Th 7:00am-3:00pm
Vacaville Medical Center	1 Quality Dr Vacaville, CA 95688	(707)624-4000	M-F 7:30am-2:00pm
Vallejo Medical Center	975 Sereno Dr Vallejo, CA 94589	(707)651-1000	M-F 7:30am-2:00pm
Walnut Creek Medical Center	1425 South Main St Walnut Creek, CA 94596	(925)295-4000	M-F 7:00am-12:00pm

*(The laboratory **will not accept** semen samples on **weekends or holidays**)*

The Sacramento Medical Center (2025 Morse Ave) is the only laboratory that can perform a **Kruger** analysis, so if your doctor has included a Kruger analysis as well as the basic semen analysis you must take your sample to the laboratory at the **Sacramento Medical Center on Morse Ave** (see above).

\*If you are not a Kaiser Health Plan member and would like to do your semen analysis at Kaiser, please contact the Center for Reproductive Health to obtain a temporary medical record number at (916)614-5005.