

Instructions for Semen Collection:

1. Abstain from sexual intercourse or ejaculation for two to four days. It is equally important not to abstain for less than 2 or more than 4 days.

This period is calculated from the days between without counting the day of intercourse and the day of examination.

2. If you wish, you can collect the semen at home, provided that the transport does not exceed half an hour, unless otherwise instructed by your doctor. During transport, try to keep the sample at a temperature between 18 and 30 °C away from direct sunlight.

3. Take a thorough shower with soap over the entire body and especially the genital organs, rinse thoroughly with water. Wear clean underwear. Wash your hands thoroughly before collection.

4. Collection should be done in a sterilized container which you can obtain from a pharmacy.

5. It should be emphasized here that collection is preferably done by masturbation. Oral intercourse or interrupted intercourse should be avoided. In cases where there is a problem with semen collection, a special non-toxic condom can be used, which you can obtain from the andrology laboratory.

6. Try to collect all material in the sterilized container, so that there are no losses of semen. If this was not possible, inform the laboratory to note any losses or to consider the possibility of repeating the collection on another day.

7. Deliver the container with the semen to the responsible person at the laboratory. Make sure that your name is clearly written on the sides of the container.