

Instructions for Semen Collection

- Method:** The preferred method is masturbation. If this is unacceptable, interrupted intercourse may be used but is less desirable due to the potential for contamination and specimen loss.
Condoms produced for contraception should **not** be used as they contain spermaticides.
- Where?** You may collect the specimen at home as long as you can deliver it to the Fertility Gold Coast Office within two hours. Alternatively you may collect it in the semen collection room in the Fertility Gold Coast Office.
In special circumstances such as collection into Tyrodes solution for sperm antibodies and collection after retrograde ejaculation the specimen **must** be collected at Fertility Gold Coast to allow it to be analysed and processed immediately.
- Container** A sterile plastic specimen jar, supplied by your doctor or the Fertility Gold Coast Office is the only satisfactory container to use as these have been tested for the absence of any toxic factors.
- Delivery** The specimen should be no more than 2 hours old when it is delivered to Fertility Gold Coast in Suite 6 Level 1 Pindara Place 13 Carrara St Benowa. We are in the grounds on the southern side of Pindara Hospital.
Do **NOT** refrigerate the specimen or allow its temperature to rise above body temperature before delivery.
The container should be labelled with the following information:
Your Full Name
Date of Birth
Date & Time of Collection
On delivery you will be requested to complete a form stating:
Your Full Name & That of Your Partner
Your Doctor's Name
Date & Time of Specimen Collection
Method of Collection of the Specimen
Whether Any of the Specimen Was Lost During Collection
The Date of Your Last Ejaculation

Semen Specimens for Semen Analysis

- Sexual Abstinence** Unless otherwise advised by your doctor, three days should have elapsed since your last ejaculation before collection of semen for analysis.
- Results** Your doctor will have a copy of the results within two working days.
Results are only available from your doctor.
- When?** Monday - Friday By appointment please deliver to Fertility Gold Coast Office by 10am

Semen Specimens for Washing for Insemination

- Sexual Abstinence** Unless otherwise advised by your doctor, it is preferable that at least two days should have elapsed since your last ejaculation before semen collection for washing & insemination.
- How Long?** The semen is briefly assessed, washed centrifugally twice with culture medium, resuspended in 1ml of culture medium, and then reassessed. This takes between 30 and 40 minutes.
On busy days this procedure may take longer.
If the specimen is freshly collected when delivered for washing it is necessary for us to wait until it liquefies before processing it. This can take a further 20 minutes.
Specimens collected into Tyrode solution are given three washes taking 40 to 50 minutes.
- When?** At the time requested by your doctor. Office opens 8.00am. .

Semen Specimens for Freezing (Cryopreservation)

- Sexual Abstinence** Unless otherwise advised by your doctor, three days should have elapsed since your last ejaculation before collection of semen for cryopreservation
- Consent Forms** You will be required to sign a consent form authorising us to freeze and store the semen, acknowledging that storage fees must be paid and agreeing to keep us informed of your current address.
- When?** By appointment. Call Fertility Gold Coast 07 55648455.