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Instructions for Obtaining a Semen Specimen

1. Appointments
 - YOU MUST HAVE AN APPOINTMENT TO DROP OFF YOUR SPECIMEN
 - Call the office (716) 243-8377 to schedule
2. Collecting the Specimen
 - Refrain from sexual activity and masturbation for 2-5 days
 - Collection of sperm is acceptable at home as long as the sample is delivered to the office within 1 hour OR it can be collected in a private room in our office.
 - Please collect the sample within the sterile container provided by the office. You may obtain a container at pharmacy or Quest Lab
 - Do not use a condom to collect sperm. No lotions or lubricants should be used in the collection process as it will affect the sample
 - Ejaculate directly into the sterile container
3. Container Instructions
 - Write your name, date of birth, wife/partner's name, and the date and time of collection (make sure the lid is closed tightly and the container is upright) please place in a brown bag/lunch bag
 - Please deliver the sample within an hour of collection. Keep the container upright, close to body temperature (I.e. shirt pocket or between legs), and protected from direct sunlight, extreme cold, or heat.
4. Arrival at the Office
 - A valid photo ID must be presented with the sample collection form (next page.) If you do not have the collection form, you must complete it at the time of dropping off sample.
 - Wife/Partner may drop off the sample on your behalf. If so, the wife/partner must provide her photo ID to verify identification.
 - The Semen Collection Form must be completed & photo ID presented or the sample will not be accepted
5. Payment
 - The analysis will be submitted to your insurance provider
 - If you have no insurance, payment is due when the specimen is delivered to the laboratory
6. Results
 - Please make sure that your Patient Portal is set up in order to review your results. If you have any questions, please give us a call at (716) 243-8377
 - Our office will call you with results IF there is something to report, if not, you will be able to review them via your patient portal 5 days after your appointment