

**PLEASE READ THE FOLLOWING INSTRUCTIONS
BEFORE YOU PRODUCE YOUR SPECIMEN**

- 1) You should be abstained from sexual intercourse or masturbation 2-5 days prior to collection. Longer or shorter are not recommended.
- 2) Please call FCC to schedule an appointment, even if dropping off a sample, so we are sure a Lab Technologist will be available when you drop off your sample.
- 3) You must collect the specimen in a sterile wide-mouth container. Write your full name on the label provided and put the label on the side of the container. Please write clearly.
- 4) Wash and dry your hands and penis thoroughly. This is extremely important to avoid contamination of the specimen.
- 5) The specimen must be produced by masturbation only. Do not use condoms or any lubricants including saliva and water when producing your specimen – they can kill sperm.
- 6) Please take your time in producing the specimen. Studies have shown that a higher state of arousal produces better specimens. If you are extremely stressed or are having trouble producing the specimen you may wish to take a moment to relax. If you are here for a semen analysis and are under stress we suggest that you reschedule your appointment for a time when you are more relaxed.
- 7) Make sure you get the entire specimen into the container. If there is a collection error (missing part of the specimen or incomplete ejaculation) please report it when delivering the specimen to the FCC personnel and/or write it on the label on the container. This is extremely important!
- 8) When you are done producing the specimen please secure the lid tightly to the container. Please write the time the specimen was produced on the label on the container.
- 9) The specimen must be at the FCC within one hour of when it was produced. The specimen must be kept at body temperature during transportation.

