

## **SEMEN COLLECTION**

### Answers to Questions You May Have



11811 Shaker Boulevard Suite 330  
Cleveland, Ohio 44120  
216-491-0030 phone 216-491-0032 fax

#### ***WHAT TO DO WHEN YOUR DOCTOR REFERS YOU TO FERTILITY SOLUTIONS INC.***

Your physician has asked you to provide a semen sample for diagnostic analysis. Proper collection of the sample will increase the reliability of the testing. We have compiled some of the most frequently asked questions about collecting a semen sample. We hope the material below will assist you in providing the best sample possible for the studies that your physician has requested. Please don't hesitate to call us for additional information if you have other questions or concerns.

#### ***WHERE SHOULD THE SAMPLE BE COLLECTED?***

If you can deliver the sample within one hour of collection, you may prefer to collect it at home. For many men, this is a more comfortable environment. If you decide to collect at home, please keep the sample close to body temperature by placing the container near your body during transport (for example, in an inside pocket). Do not expose the sample to excessive heat or cold.

If it is more convenient, our private collection room is equipped with videos, and magazines are also available for your use. Please feel free to bring a favorite video tape of your own if you like. Your partner is welcome to assist in the collection room.

#### ***HOW IS THE SPERM SAMPLE OBTAINED?***

We recommend that all specimens be collected by masturbation into the container provided by our office, your physician, or you may purchase a sterile container from your local pharmacist. Do not use other plastic containers or glass jars which have been washed at home as they may contain coatings that interfere with sperm activity and cause false results or reduce sperm function.

DO NOT USE lubricants of any kind (such as KY jelly or baby oil) because they can kill sperm cells or reduce sperm motility. Specimen collection during intercourse or oral stimulation is not recommended since portions of the sample can be lost or contaminated by bacteria and falsely indicate an infection. If it is impossible for you to collect a sample by masturbation, a special condom available from your physician or Fertility Solutions, Inc. should be used.

Please make sure to write your name, social security number, the date and time of collection, and your physician's name on the container label before giving it to laboratory personnel. Let the technologist

know if any of the sample was lost or spilled during collection (this happens often and if unknown, can falsely suggest a problem). It is especially important to let us know if the first part of the sample was lost as that can have a significant impact on the test results.

### ***ARE ANY SPECIAL PREPARATIONS NECESSARY BEFORE COLLECTING A SAMPLE?***

Unless your physician instructs otherwise, you should refrain from sexual activity which results in semen emission for 48 to 72 hours before your appointment. If the interval is much shorter or longer, the sample may not represent the usual sperm count or activity and can provide misleading results. On the day of your appointment you should shower, being sure to wash and rinse your penis thoroughly.

### ***DO OTHER MEN FIND THIS EMBARRASSING?***

Most men feel somewhat uncomfortable or nervous about producing a semen sample. Our goal is to make you feel as comfortable as possible by providing a respectful and comfortable environment.

### ***HOW MUCH DOES LAB WORK COST?***

The cost of your visit will depend on the type of test your doctor has requested. Please call the office for specific pricing. Please call Fertility Solutions, Inc. at 216-491-0030, x200 with any questions or to schedule an appointment.

### ***HOW WILL I BE BILLED FOR LABORATORY SERVICES?***

Payment is due at the time of the visit and can be made by cash, check, Mastercard, VISA, or ATM card. We do not accept insurance assignment, but we will provide needed documentation to assist you in filing an insurance claim if necessary. Current charge for testing is \$165.00.

### ***HOW DO I SCHEDULE AN APPOINTMENT?***

Please call 216-491-0030 x200 to schedule an appointment. Our office hours are 8:30 am - 5:00 pm Monday through Friday. We take appointments Monday through Friday 8:30 am - 2 pm. To assist us in preparing, please have the following information ready when you call:

- \* Social Security Number and Birth Date
- \* Your Referring Physicians Name
- \* Type of Test Ordered (i.e., semen analysis, antibody screen, etc.) - this should be indicated on a requisition form provided by the physician

You will need to bring the doctor's requisition with you when you bring in the sample. You may also have the doctor's office fax the requisition to us at 216-491-0032.

### ***ABOUT FERTILITY SOLUTIONS, INC.***

FSI is a Cleveland-based company created to provide state of the art semen analysis. Our mission is to deliver outstanding service and testing to patients with fertility disorders and to physicians who diagnose and treat them. We are also the nation's leading manufacturer of quality controls and training products for semen analysis. We are The Semen Analysis Experts™.

## LOCATION

We are located in the Robbins Shaker West Professional Building located on the west bound side of Shaker Boulevard between Shaker Square and E 116<sup>th</sup> St. Free parking is available in the lot behind the building or in the covered parking area beside our building.

