

INSTRUCTIONS FOR COLLECTING A SEMEN SAMPLE

The laboratory is open for delivery of semen samples **from 7am to 9 am on appointment by phone under 0463-538-38444.**

A referral from the urology department or your urologist / gynaecologist is required. Please take your family name, your first name and your date of birth down on the referral.

Our laboratory will provide a **sterile container** if needed.

Before collecting your sample an abstinence time of **2 to 7 days** is a must.

Before collecting your sample, pass urine and clean your hands and genital area with water and soap carefully. Make sure that no soap remains.

Produce your sample by masturbating and ensure you **collect ALL of the ejaculate!**

In case of infertility investigation:

The entire fresh specimen (produced by masturbation) must be delivered **within half an hour** after collection to the Institut für Labordiagnostik und Mikrobiologie (VEZ, 1st floor). Your semen sample should be kept as close to **body temperature** as possible (approx. 37°C, trouser pocket,...).

Attention:

It is necessary to **call 0463-538-38444 to make an appointment.**

Institut für Labordiagnostik und Mikrobiologie