



## Semen Collection Instructions

### FMH Laboratory

1650 Cowles  
(Fairbanks Imaging Center)  
Fairbanks, AK 99701  
907-458-5640

Specimens must be collected at the Fairbanks Imaging and Breast Center (FIBC) lab located at Fairbanks Memorial Hospital.

#### Collection Process

- Patient collection times are Tuesday and Thursday from 7:30 am to 12:00 pm by appointment **ONLY**.
  - Please call FIBC lab to schedule 907-458-6960
- Patients must check in at FIBC Admissions then proceed to lab to pick up collection cup and present the requisition for testing from your practitioner to the lab personnel.
- Refrain from sexual intercourse and masturbation for at least 2 days but not more than 7 days.
- Produce the sample by masturbation without artificial lubrication.
- Specimens collected via condoms are not acceptable.
- It is extremely important the entire ejaculate be collected. If any of the sample is not collected, please let us know on the form below.
- Collect the sample in the sample cup provided by the lab at the FIBC department. The specimen container must be labeled with the patient's name (first and last), date of birth, date of collection, and time of collection.
- Once collection is complete, record all required information on the form below.
- The specimen must be accompanied with this form.
- Specimens must be submitted within 15 minutes of collection to ensure accurate results.

#### Required Information:

Name \_\_\_\_\_

Date of collection \_\_\_\_\_ Time of collection \_\_\_\_\_

Was the specimen collected by masturbation? \_\_\_\_\_

Days of abstinence prior to collection \_\_\_\_\_

Is this the entire specimen? \_\_\_\_\_