

## SPERM CULTURE

### MATERIAL NEEDED FOR COLLECTION

No. 2 Sterile, wide-opening, screw-top containers with suction probe provided by the Collection Center or available for purchase at the pharmacy.



### DIRECTIONS AND METHOD OF COLLECTION

Collect urine and semen in the morning upon awakening, or at least 2 hours since last urination.

1. Wash hands and external genitalia well with soap and water (do not use disinfectants), rinse and dry well.

2. Open the sterile container without touching the inside.



3. Uncover the glans to reduce the possibility of contamination.
4. Collect the urine in the jar after discarding the first cast by filling it up to about half full.
5. Carefully screw the cap on without touching the inside.
6. Open the second jar without touching the inside.
7. Collect the semen by masturbation and put it directly into the sterile jar. **Caution:** Collect all the semen emitted into the jar.
8. Carefully screw on the cap without touching the inside
9. Identify both jars by writing first name, last name and date of birth on the label.
10. Deliver to the Collection Center **within 60 minutes** of collection.

### WARNING

If you have to perform a sperm culture and spermiogram at the same time, urine and semen collection should preferably be performed at the Collection Center; only if necessary, collection can be performed at your home (by prior arrangement with the Collection Center).