

## How to Collect and Transport Semen Samples

Your physician may give you directions that are a little different from what this guide says. Follow their instructions.

### Ways to get a sample

#### Intercourse

You can get a semen sample during intercourse using a special condom. Your physician may give you one. You **cannot** get a good semen sample with a typical condom available at stores. The powder or lubricants used to make many condoms may kill sperm.

After you get a sample, put the used condom into a clean, dry container.

#### Masturbation

You can get a semen sample by masturbating. You can do this at home, at Northwestern Medicine facilities or at your physician's office.

You can collect your semen directly into a clean, dry container. You must collect all of it. If even a little bit is lost at the start or end of ejaculation, it can affect your results.

### Storing and transporting your sample

You should only use specific containers to collect a semen sample. If you get your sample at home, keep it warm and protect it from very hot or very cold temperatures. Make sure this information is on your container:

- Your name
- Your date of birth
- The date and time you collected the sample

Bring your sample to a hospital lab within 1 hour of collecting it.

### Acceptable containers

These **do not** affect semen analysis results. Your physician may have them, or you can get them from the Central DuPage Hospital Outpatient Laboratory Department. You can also use an appropriate container from home.

- Clean, washed, dry glass jar with lid
- Clean, washed, dry polypropylene plastic container, with lid (such as a urine container with a lid). This is flexible plastic and will bend easily.

### Unacceptable containers

Unacceptable containers: These affect semen analysis results.

- Polystyrene plastic and/or polystyrene foam container. This is a stiff, thin plastic. It will crack or crumble when squeezed.

Visit [healthlabtesting.com](https://www.healthlabtesting.com)  
or scan the QR code  
to see locations and hours.



If you have any questions, please call HealthLab Client Services at 630.933.2633 (TTY: 711).