

About Your Appointment

Semen and urine collection

This handout explains how semen and urine samples are collected for testing. If you have any questions before or after your appointment, please call the Male Fertility Lab at 206-543-4671.

Your Collection Appointment

You will provide samples of your ejaculate and urine during your collection appointment at the Men's Health Center. These samples will be tested at the University of Washington Medical Center (UWMC) Male Fertility Lab. The results will show if you are ejaculating sperm into your bladder instead of into your urethra.

For any questions and to schedule your collection appointment, please call 206-543-4671.

How to Prepare

Do not ejaculate for **2 to 5 days** (but no more) before your sample is collected. Not ejaculating for longer than 5 days can affect test results.

Day of Collection

- Wake up and urinate.
- Eat a normal breakfast.
- Come to the Men's Health Center for your appointment.

What to Expect

You will need to provide both ejaculate and urine for testing.

They will be collected in separate sterile containers. You will collect your semen first.

Collecting Your Semen

- We will give you a sterile container for your semen. You will use self-stimulation (masturbation) to collect your semen.



The Men's Health Center is at 4245 Roosevelt Way N.E., on the 3rd floor.

- Make sure the entire specimen goes into the semen collection container. If any part of the specimen is missed, please tell us so we have that information when your test results are reviewed.
- Try not to use any lubricant when you collect your semen. If you need to use a lubricant, do not let any of it get into the specimen.

Collecting Your Urine

- We will give you another sterile container for your urine sample.
- After you ejaculate, urinate into the urine collection container. Only the first part of your urine stream is needed – about 1 ounce (30 mL) is enough. You do not need to fill the container.

Results and Follow-up Visit

It can take 7 to 14 days to get your results, depending on the type of testing that is being done. You may want to schedule a follow-up appointment with your doctor 2 weeks after you give your sample. At this visit, your doctor will go over your test results and talk with you about a treatment plan. Call 206-598-6358 to schedule this appointment.

Payment

You must pay for the semen and urine testing at the time of your collection appointment.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Men's Health Center:
206-598-6358

Weekdays from 8 a.m. to
5 p.m.

After hours and on weekends
or holidays, call this same
number or go to the
Emergency Room.

To learn more, visit
[http://depts.washington.edu/
uroweb](http://depts.washington.edu/uroweb)