



Freyja Medical Clinic

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Instructions for semen analysis or semen wash for IUI (REI/ART Lab)

- Prior to the test/wash, please obtain an (1) **order sheet** and a (2) **sterile semen container** from our office. (Sterile semen container can be obtained from the REI/ART lab as well).
- The specimen should be obtained by masturbation after at least 24-72 hours of abstinence (unless directed otherwise by your physician). Ejaculate directly into the sterile container. Do not use a condom. Be sure that the entire specimen is collected, especially the first portion. It is important that lubrication is not used since it can affect the sperm quality. Label the side of the container with your name, the time and date the specimen was obtained, your physicians name and the name of your partner. Please secure the lid tightly and transport the specimen at near-body temperature to the lab within one hour of collection.
- The Semen analysis/wash will be done at the Stanford REI/ART lab. Drop off time is **M-F 8 a.m. to 11 a.m** . (The closer to 8 a.m., the better). Drop-off time on **Sat and Sun is 8 to 8:15 a.m** . The lab will be closed during certain holidays. You can call the lab at **(650) 723-5680** for times. The lab is closed 12:30 to 1:30 p.m. weekdays. Note that Semen Analysis is only performed on weekdays.
- At the drop-off, the lab personnel will give you a pick-up time, (if a sperm wash will be done), usually 2 hours after the drop-off. Please call our office when you have an idea when the IUI will take place and bring the specimen over to our office.