



729 N. Medical Center Drive West
Ste 207
Clovis, CA 93611

559-435-7900 FAX 435-7950

Instructions for Semen Analysis Appointments

- Appointments must be made prior to you dropping off a sample
- We are located at 729 N. Medical Center Drive West, Suite 207, Clovis, CA 93611 on Clovis Community Medical Center Plaza
- Appointments can be made Monday-Friday 8:00am-4:00pm (*closed from 1-2pm for lunch*)
- The office can be called at 559-435-7900 from 8:30 AM – 12:30 PM and 1:30 PM- 4:30 PM (4:00 PM on Fridays) to schedule your appointment.
- Please allow one week for results to arrive at your physician's office.
- Insurance is not accepted at this facility; you may request an itemized receipt to submit to your insurance for reimbursement.

Instructions for Collection of Specimen for Semen Analysis

1. Avoid sitting in a hot-tub, hot bath or any sauna-like atmosphere for at least 72 hours prior to collecting sample. Abstain from any type of anti-inflammatory medication for 72 hours (IE: Ibuprofen, Celebrex, Advil, etc.) prior to collection.
2. Abstain from ejaculation for a minimum of 3 days BUT no more than 7 days prior to collection.
3. The sample can be collected at home or in our collection room at our facility. We do ask that you notify our staff where you will be collecting your sample. If collecting at home, the specimen should be collected in the lab cup provided to you by your physician. Please make sure your first and last name and date of birth is written on the lab cup provided.
4. You must obtain the specimen by masturbation only, **without** the aid of any lubricant, condom, saliva or intercourse. *Coitus interruptus* ("pulling out" with intercourse) is NOT acceptable as a means of collection because it is possible that the first portion of the ejaculate, which usually contains the highest concentration of spermatozoa, will be lost.
5. Wash your hands and genital area with soap and water before and after collection.
6. Collect entire ejaculate.
7. If collecting at home, the specimen must be brought to the lab (VAFC) within one hour or less of collection. The sample must be kept body temperature by keeping it close to your body, underneath your armpit or in between your belt line and skin until the sample is received at our facility.

**SEMEN ANALYSIS PATIENTS MAY CALL VALLEY ANDROLOGY FERTILITY CENTER
WITH ANY ADDITIONAL QUESTIONS (559) 435-7900**

**YOU MUST CALL AHEAD TO SCHEDULE AN APPOINTMENT
TO DROP OFF A SAMPLE!
NO WALK-IN APPOINTMENTS AVAILABLE.**