

Patient Instructions

Name: Camp Lejeune Naval Medical Center Lab
Provider
Instructions
Form 20.300.10

Semen Analysis Instructions

You have been scheduled for a semen analysis on _____ at 0700.

If you have any questions regarding your appointment, please call the laboratory at 450-4600 between 0730 and 1600.

A reminder call will be provided a day prior to your appointment.

1. You must abstain from ejaculation for 72 hours prior to your appointment. This means any sexual activity or manual manipulation.
 2. Abstain from all alcoholic beverages, carbonated beverages, and spicy foods for 48 hours prior to your appointment.
 3. Specimens collected outside of the hospital laboratory will not be accepted.
 4. On the day of your appointment, report to the laboratory 5 minutes prior to your scheduled appointment time. If you arrive more than 15 minutes after your appointment, it will be cancelled, and you will be asked to reschedule.
 5. No lubricants, contraceptive preparations, or other substances (ie: saliva, lotion) may be used during collection. You may bring personal reading material to assist with collection.
 6. You will be required to obtain the entire ejaculate into a clean sterile cup provided by the laboratory. Failure to obtain entire sample may result in invalid results.
 7. If for any reason you are unable to keep your scheduled appointment, please call the laboratory at 450-4600(0730-1600) or come in person to the laboratory to reschedule your appointment. This will enable us to schedule others in your place, thereby reducing the waiting time for all patients.
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****FOR FRONT DESK STAFF ONLY****

Patient Name: _____ Contact #: _____

Appointment Scheduled for _____ by _____
(staff initials)

____ Patient confirmed appointment and has been following instructions.

____ Patient rescheduled for _____.

____ Patient did not answer, left message to call back and confirm.

____ Patient did not answer, no voicemail set up.

____ Other _____

Date: _____ Staff Initials: _____