



Chambersburg Hospital
112 N 7th St.
Chambersburg, PA
Tel: 717-267-7965

Ephrata Community Hospital
169 Martin Ave.
Ephrata, PA 17522
Tel: 717-738-6415

Gettysburg Hospital
147 Gettys St.
Gettysburg, PA 17325
Tel: 717-339-2341

Good Samaritan Hospital
252 S. 4th St.
Lebanon, PA 17042
Tel: 717-270-7555

Waynesboro Hospital
501 E. Main St.
Waynesboro, PA 17268
Tel: 717-765-3403

York Hospital
1001 S. George St.
York, PA 17405-7198
Tel: 717-851-2590

Semen Collection Instructions

Name _____

Date of Birth _____

Doctor _____

Collection Date _____

Collection Time _____

A semen analysis is a test to check your semen and sperm. You are collecting a semen sample for a:

- Post-vasectomy screen** to make sure there are no sperm in your semen after your vasectomy.
 - After your vasectomy, you need to ejaculate at least 20 times to clear out the semen. After you do this, collect a sample like your doctor told you.
 - Use the clean container that the lab or doctor's office gave you.

- Complete semen analysis*** to measure the number and quality of your sperm and the amount of liquid (semen) produced with your sperm.
 - Do **not** masturbate or have sex for 2 to 7 days before this test.
 - Use the Seminal Fluid Collection Kit that the lab or doctor's office gave you.

*If you had a **complete semen analysis**, fill in the information below and hand it in with your semen sample:

1. How many days did you **not** masturbate or have sex before collecting the sample? _____

2. How was the sample collected?
 - Masturbation
 - Sex (Intercourse)
3. What time was the sample collected? _____
4. Did any of the sample spill?
 - No
 - Yes
 - If it spilled, when did this happen? _____

5. Did you keep the sample at body temperature before taking it to the lab?
 - No
 - Yes

How do I collect my semen sample?

You can either masturbate or have sex (intercourse) to collect the semen sample.

- **Masturbate:** Ejaculate directly into the specimen container. You must collect all of it **without** spilling.
- **Sex:** Use the special condom that was in the Seminal Fluid Collection Kit. Other types of condoms will **not** work. Do **not** use any birth control solutions, lubricants (lube), or saliva. Collect all of it **without** spilling.

What do I do after I collect my semen sample?

- You must keep the sample close to body temperature. A good way to do this is by keeping the semen container inside a pocket or close to your body. Do **not** get the semen too hot or cold.
- Label the container with:
 - Your name
 - Date of birth
 - Date of collection
 - Time of collection
- Label your container with “*Incomplete Specimen*” if you spilled any semen during collection.

When do I need to take my semen sample to the lab?

You must take your semen to the lab within 1 hour after you collect it. Only bring your sample to the lab when they are open for collection. Find your lab on the table below.

Laboratory (Lab)	Hours	Appointments
Chambersburg Hospital	<p>Samples can be dropped off at the hospital laboratory between 7:30 AM and 10:00 AM, Monday to Friday.</p> <p>The lab does not take samples outside of these hours.</p> <p>Samples are not accepted on holidays or weekends.</p> <p>You must take your semen to the lab <u>within 1 hour</u> after you collect it.</p>	<p>You must have an <u>appointment</u> to drop off your sample.</p> <p>You will get a scheduling ticket in your MyWellSpan portal. It is best to schedule on MyWellSpan.</p> <p>Call 717-267-7965 if you are not able to schedule your appointment on MyWellSpan. This number is open between 7:30 AM and 2:00 PM, Monday to Friday.</p>
Ephrata Community Hospital	<p>Samples can be dropped off at the hospital laboratory between 7:30 AM and 10:00 AM, Monday to Friday.</p> <p>The lab does not take samples outside of these hours.</p> <p>Samples are not accepted on holidays or weekends.</p> <p>Special arrangements can be made for Saturday morning drop-offs for post-vasectomy screens.</p> <p>You must take your semen to the lab <u>within 1 hour</u> after you collect it.</p>	<p>You must have an <u>appointment</u> to drop off your sample.</p> <p>You will get a scheduling ticket in your MyWellSpan portal. It is best to schedule on MyWellSpan.</p> <p>Call 717-738-6415 if you are not able to schedule your appointment on MyWellSpan. This number is open between 7:00 AM and 3:00 PM, Monday to Friday.</p>

<p>Gettysburg Hospital</p>	<p>Samples can be dropped off at the Gettysburg Hospital Outpatient Laboratory between 7:30 AM and 10:00 AM, Monday to Friday.</p> <p>The lab does not take samples outside of these hours.</p> <p>Samples are not accepted on holidays or weekends.</p> <p>You must take your semen to the lab <u>within 1 hour</u> after you collect it.</p>	<p>You must have an <u>appointment</u> to drop off your sample.</p> <p>You will get a scheduling ticket in your MyWellSpan portal. It is best to schedule on MyWellSpan.</p> <p>Call 717-337-4116 if you are not able to schedule your appointment on MyWellSpan. This number is open between 7:00 AM and 2:00 PM, Monday to Friday.</p>
<p>Good Samaritan Hospital <i>(post-vasectomy screen only)</i></p>	<p>This hospital laboratory only accepts samples for post-vasectomy screens.</p> <p>Samples can be dropped off at the hospital laboratory between 7:30 AM and 2:00 PM, Monday to Friday.</p> <p>The lab does not take samples outside of these hours.</p> <p>Samples are not accepted on holidays or weekends.</p> <p>You must take your semen to the lab <u>within 1 hour</u> after you collect it.</p>	<p>You must have an <u>appointment</u> to drop off your sample.</p> <p>You will get a scheduling ticket in your MyWellSpan portal. It is best to schedule on MyWellSpan.</p> <p>Call 717-270-7555 if you are not able to schedule your appointment on MyWellSpan. This number is open between 8:00 AM and 4:00 PM, Monday to Friday.</p>
<p>Waynesboro Hospital <i>(post-vasectomy screen only)</i></p>	<p>This hospital laboratory only accepts samples for post-vasectomy screens.</p> <p>Samples can be dropped off at the hospital laboratory between 6:00 AM and 6:00 PM, Monday to Friday. They can also be dropped off between 7:00 AM and 1:00 PM on Saturday.</p> <p>The lab does not take samples outside of these hours.</p> <p>Samples are not accepted on holidays or Sundays.</p> <p>You must take your semen to the lab <u>within 1 hour</u> after you collect it.</p>	<p>You must have an <u>appointment</u> to drop off your sample.</p> <p>You will get a scheduling ticket in your MyWellSpan portal. It is best to schedule on MyWellSpan.</p> <p>Call 717-765-3403 if you are not able to schedule your appointment on MyWellSpan. This number is open between 6:00 AM and 6:00 PM, Monday to Friday.</p>
<p>York Hospital</p>	<p>Samples can be dropped off at the York Hospital Collection center between 7:30 AM and 10:00 AM, Monday to Friday.</p> <p>The lab does not take samples outside of these hours.</p> <p>Samples are not accepted on holidays or weekends.</p> <p>You must take your semen to the lab <u>within 1 hour</u> after you collect it.</p>	<p>You must have an <u>appointment</u> to drop off your sample.</p> <p>You will get a scheduling ticket in your MyWellSpan portal. It is best to schedule on MyWellSpan.</p> <p>Call 717-851-2590 if you are not able to schedule your appointment on MyWellSpan. This number is open between 7:30 AM and 2:00 PM, Monday to Friday.</p> <p>You must <u>register</u> for your appointment before taking your sample to York Hospital Registration.</p> <p>Register at the Patient Registration Area in the Atrium of York Hospital. You can also register online.</p>