

MISE A JOUR LE :	PAR :	NATURE DES MODIFICATIONS :
29/12/2021	G. DELVALLEZ	English translation
RENOUVELLEMENT LE :	PAR :	

RECOMMENDATION FOR SEMEN COLLECTION

The samples are collected at the laboratory from 7 AM to 11 AM (spermogram is not done on Saturday).

The sample is collected by masturbation after 3 to 5 days of sexual abstinence (no ejaculation).

Do not use condoms.

Please follow these steps in order:

- Urinate before the sample collection
- Wash carefully your hands with soap
- Wash your glans with soap (or with an antiseptic solution like Dakin in case of spermoculture) then rinse.
- Collect all of the semen in the sterile container provided by the laboratory (do not waste any part of semen, if it is the case, report it to the laboratory)
- Write down your name, the date, and the time of semen collection on the container.



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