

INSTRUCTIONS FOR SEMEN ANALYSIS or CRYOPRESERVATION

**Audubon Labs LLC
2701 Napoleon Avenue
New Orleans, LA 70115**

1. Call Audubon Labs at **(504) 564-7965** or email at **orders@audubon-labs.com** to schedule your semen analysis or cryopreservation. **Your semen sample will not be accepted without a scheduled appointment.**
2. If you have had a fever or exposure to high temperatures (hot tubs, saunas, etc) within the last 60 days, please inform your doctor before scheduling this appointment.
3. Plan to refrain from ejaculation for a minimum of 2 full days but no more than 5 days prior to collection. If your doctor has also ordered DNA fragmentation, abstinence should be 2-3 days.
4. Bring your photo ID with you to your appointment. Semen analysis samples (not cryopreservation) may be dropped off by your partner if they bring a photocopy of your ID.
5. The semen sample can be collected at home or at our facility.
6. If you plan to collect the sample at **home**:
 - Only use the collection cup provided by the clinic or lab (other collection cups may have been chemically treated which could affect sperm quality)
 - You can obtain a collection cup from the clinic or lab beforehand.
 - The sample must arrive within an hour of the time it was collected.
 - Maintain the sample at body temperature until it arrives to the lab
 - Your full name and date of birth must be written on the side of the cup.
 - **YOU MUST HAVE A SCHEDULED APPOINTMENT, EVEN IF YOU COLLECT THE SAMPLE AT HOME.**
7. **DO NOT USE** any soap, creams, or other lubricants to assist with the collection of the specimen unless provided to you by your physician or the laboratory.
8. If you anticipate the need for a condom, please ask your Physician or the Laboratory for a medically approved prophylactic to be provided for a fee. **DO NOT USE** a store bought condom as these usually contain spermicide.
9. **For Semen Cryopreservation, you must have infectious disease testing done within a year (HIV, RPR, HepBsAg, HepB core Ab, HCV Ab, GC/CT). If your testing/freezing is being ordered by an outside physician, please bring a copy of your lab results to the cryopreservation appointment to be scanned in your record. Please have your MD order the infectious disease labs and any additional testing he/she may require for you. These labs may be done at any outpatient lab or at Audubon Fertility next door.**