

COLLECTION INSTRUCTIONS

Your semen analysis collection

A semen analysis has strict, time-critical collection rules that must be followed exactly. The details – especially where and when you can drop off your sample – depend on your collection centre, so this guide covers the essentials and points you to your provider's own instructions.

**2-7 days**

abstinence before

**Within 1 hour**

deliver – time-critical

**Body temperature**

never refrigerate

1 How it works

- 1 Find a participating collection centre.** On the [i-screen collection-centres page](#), choose **Semen Analysis** from the **Specialist Tests** dropdown to see centres near you.
- 2 Download and print your pathology request form** from your i-screen dashboard.
- 3 Pick up your collection container.** Take your request form to the centre to collect the seminal fluid container before your collection day.
- 4 Read your provider's specific instructions** (see the links on the next page) and note their **drop-off times** – timing is strict, and only some centres accept these samples.
- 5 Collect your sample and drop it off** with your request form within the required time. Your results then appear in your secure i-screen dashboard.

Your collection centre's instructions come first



Read your provider's own page (next) before you collect, and confirm their drop-off location and hours – a late or mishandled sample can't be tested and will need repeating.

2 Key preparation

These rules are common to all our collection partners – but always check your provider’s page for anything specific.

- **Abstinence: collect 2–7 days after your last ejaculation.** Not sooner and not longer – this window gives the most reliable result.
- **Use only the container provided, and collect the whole sample by masturbation.** Don’t use condoms, lubricants or talc, and don’t use withdrawal – the first part of the sample matters most and mustn’t be lost. If any is spilled, tell the lab.
- **Deliver it fast.** The sample must be examined within an hour of collection, so most centres need it within about 45 minutes. Plan your collection around your centre’s drop-off times.
- **Keep it at body temperature.** Carry the container close to your body (20–37°C). Don’t refrigerate it or let it overheat.
- **Label the container** with your name, date of birth, and the date and time of collection.
- **On arrival, tell reception** it’s an **urgent, time-critical specimen**. Note that this test usually has an out-of-pocket fee.

Find your area’s specific instructions

Laverty Pathology laverty.com.au

QML Pathology qml.com.au

Dorevitch Pathology dorevitch.com.au

Western Diagnostic Pathology wdp.com.au

Abbott Pathology abbottpathology.com.au

TML Pathology tmlpath.com.au

Your results: Once the lab has analysed your sample, your results and personalised insights appear in your secure i-screen dashboard. Questions before you start? Email us at info@i-screen.com.au.