

PLANNED PARENTHOOD OF GREATER TEXAS

Client Information

TESTING YOUR SEMEN

We need to test your semen to tell whether or not you are able to cause a pregnancy. This test is called semen analysis. It tells us three things:

- How many sperm are in your semen
- How many of them move
- How many of them look normal

Here's how to collect your semen

1. Don't have sex — including masturbation — for 2 or 3 days before making a sample. Going without sex for more or less time may make the test come out wrong.
2. Put your full name, date of birth, and the time and date you make the sample on the side of the cup we give you. Don't touch the inside of the cup.
3. Wash your hands and penis before you begin to masturbate.
4. Do not use oil or lubricant.
5. Ejaculate [ee-jak-yoo-late] or "come" into the cup we give you. Try to get it all in the cup. Do not use a jar or bottle from home.
6. If any semen spills, let us know. Don't try to put spilled semen into the cup.
7. Do not come into a condom. This will make the test come out wrong.
8. Bring the sample to the clinic or laboratory within 2 hours. Keep it close to your body to keep it at body temperature. (Don't put it in a bag or purse).

Please fill this out and bring it with your sample

Name	Partner's name
Date of birth	Phone number for results
Date sample was made	Time sample was made

Questions	Answers
1. Have you had a fever over 100°F for longer than 24 hours in the last 3 months?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Number of days of going without sex and masturbation before making a sample:	
3. Did all of the semen get in the cup?	<input type="checkbox"/> Yes <input type="checkbox"/> No

List any prescription or over-the-counter drugs that you have taken during the last 3 months

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List any street drugs that you have taken during the last 3 months

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