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| <b>ASST Ovest Milanese (West Milan Local Healthcare Authority)</b><br><br>Department of Services and Diagnostic Imaging | <b>INFORMATION FOR SEMEN COLLECTION</b> | <b>MAC221-C</b><br><b>Rev1</b><br>Page 1 of 1 |
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| VERIFICATION AND APPROVAL |               |  |   |
|---------------------------|---------------|--|---|
| Revision                  | Date          | Office   | Approved by                               |
| 0                         | October 2021  | Director of the Microbiology Unit and Head of the Analysis Laboratory<br>Director of the Pathological Anatomy Unit | Dr Pierangelo Clerici<br>Dr Paolo Fociani |
| 1                         | February 2025 | Acting Director of the Microbiology Department<br>Director of the Analysis Laboratory Department                   | Dr Bianca Osnaghi<br>Dr Sergio Finazzi    |

## TYPES OF SEMEN TESTS

### ☐ SEMINAL FLUID CULTURE OR SPERM CULTURE

1. Avoid taking antibiotics for at least 5 days before the test.
2. Collect the sample in the morning, using the sterile jar.
3. After urinating, wash your hands and external genitals thoroughly with soap and water and rinse them accurately with water.
4. Collect the semen by masturbation directly in the container and deliver within 2 hours from collection, otherwise store the sample in the refrigerator.

### ☐ SEMEN AND URINE (Four-Glass Test)

1. Avoid taking antibiotics for at least 5 days before the test.
2. Wash your hands and external genitals thoroughly with soap and water and rinse them accurately with water.
3. 4 large containers and 3 test tubes, all numbered.  
Collect the sample in the morning:
  - collect the **FIRST JET OF URINE** in **LARGE** container **No. 1**;
  - stop urination and resume it in **LARGE** container **No. 2**;
  - collect the **SEMEN** by masturbation in **LARGE** container **No. 3**;
  - after collecting the sperm, collect a further **URINE** sample in **LARGE** container **No. 4**;
  - recover by aspiration the urine collected in large containers 1, 2 and 4 in the **TEST TUBES** with the corresponding number;
  - the **LARGE** containers **1, 2 and 4** must be thrown away after use. Deliver only the test tubes;
  - deliver the **LARGE** container **3** closed and labelled.
4. Deliver **within 2 hours** from collection, otherwise store the samples in the refrigerator.

### ☐ SPERMIOGRAM TEST (SEMEN ANALYSIS)

1. Observe a period of sexual abstinence (full intercourse and masturbation) **from a minimum of 3 days to a maximum of 5 days** before the test date. The number of days of abstinence must be communicated upon delivering the material.
2. If, in the month preceding the collection date, antibiotics have been taken or significant feverish episodes have occurred (fever above +38°C for more than three consecutive days), it is advisable to postpone the spermogram.
3. Collect the seminal fluid by masturbation, directly into the sterile container provided. Write your name and surname on the container. The time of collection must be communicated upon delivering the material.
4. Make sure that all the ejaculated fluid ends up in the container, as it is very important that the collection is complete.
5. It is possible to perform the collection on site or at home. If carried out at home, the sample must be protected from the cold during transport (preferably using cotton wool) and kept away from heat sources.
6. Deliver the sample, within 45 minutes from collection, together with the MUC72 self-certification duly filled in.