

How to Collect a Semen Sample for Your Lab Test

Collecting a Semen Sample

Read all of the instructions before collecting a semen sample. It's important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

You will need to bring your test request form from your health care provider.

Before You Collect a Sample

- You should not have sexual activity for 2 to 5 days before collecting a semen sample. It should be more than 2 days from your last ejaculation but not more than 7 to 10 days.
- If you are collecting the sample at home, please pick up a clean container at the lab. See the next page for lab locations and hours, and scheduling lines.
- You will need to make an appointment to return the sample. Call the scheduling line for the location at which you wish to return the sample. **The sample must be collected within 1 hour of your appointment for your test results to be correct.**

Sida Loo Qaado Saambal Shahwo oo Loogu Talagalay Baadhistaada Shaybaadh

Qaadista Saambal Shahwad

Akhri dhammaan macluumaadka ka hor inta aanad ururin saambal shahwo. Waa muhiim inaad raacdid fariimaha si saambalka loogu ururiyo si haboon. Taasi waxay kaa gargaari doontaa in natiijooyinkaaga baadhistu sax noqdaan.

Waxa aad u baahan doontaa inaad foomka codsiga baadhista ka keentid bixiyahaaga daryeel caafimaad.

Ka Hor Inta Aanad Ururin Saambal

- Waa in aanad yeelan galmo mudo ah 2 ilaa 5 maalmood ka hor inta aanad ururin saambal shahwad. Saambalku waa inuu ka dambeeyo mudo ka badan laba maalmood biyo-baxaagii ugu dambeeyay laakiin waa in aannuu ka dambeyn todoba ilaa 10 maalmood.
- Haddii aad saambalka ku ururinaysid guriga, fadlan weel nadiif ah ka soo qaado shaybaadhka. Bogga ku xiga ka fiiri goobaha shaybaadhka iyo saacadaha, iyo teleefonada ballansiga.
- Waxa aad u baahan doontaa sameysatid ballan aad ku keentid saambalka. Wac teleefonka ballansiga ee goobta aad rabtid inaad u geysid saambalka. **Saambalka waa in la ururiyo gudaha 1 saac oo ah wakhtigii ballantaada si natiijooyinka baadhitaanku u noqdaan sax.**

(over)

How to Collect Your Sample

- Clean the head of your penis with wet, soapy towelettes or cotton balls.
- If you are not circumcised, pull back your foreskin and cleanse.
- Rinse the cleansed area with a new towelette or cotton ball that is wet with plain water.
- Dry your penis well before you collect the sample.
- Remove the lid from the collection container. Make sure the container is clean and dry.
- The sample should be collected by masturbation into the container.
- Lubricants or condoms should not be used while collecting the sample. They can kill the sperm and affect your test results.
- If you need to collect the sample with intercourse:
 - you can buy a nontoxic condom (one that won't kill your sperm) from the lab. After you are finished, seal the condom with the twist tie and put it in a clean container.
 - make sure intercourse is not interrupted. This may harm the first part of the ejaculate and affect your test results.
- If a pubic hair or thread from your clothing falls into the container, do not take it out. The lab will take it out using a clean tool.
- Put the lid back on the container. Make sure it is closed tightly.

Sida Loo Ururiyo Saambalkaaga

- Madaxa guskaaga ku nadiifi tuwaalo/ shukumaano yaryar ama kuusas cudbi ah oo qoyan oo saabuun leh.
- Haddii aanad gudnayn, dib u jiid maqaarka oo nadiifi.
- Goobta aad nadiifisay ku sii nadiifi tuwaal yar oo cusub ama kuus cudbi ah oo qoyan oo leh biyo cad.
- Si fiican u qallaji guskaaga ka hor inta aanad ururin saambalka.
- Daboolka ka qaad weelka ururinta. U hubso in weelku nadiif yahay oo qallalan yahay.
- Saambalka waa in la ururiyo adiga oo ku seegaysanaya weelka.
- Marka la ururinayo saambalka waa inaan la isticmaalin labeen ama cinjir-galmo/ kondom. Waxay dili karaan shahwada oo saameyn karaan natiijooyinkaaga baadhista.
- Haddii aad u baahan tahay inaad saambalka ku qaadid galmo:
 - waxa aad cinjir galmo oo aan sun lahayn (mid aan dilayn shahwaddaada) ka iibsana kartaa shaybaadhka ama labaratooriga. Ka dib marka aad dhammeysatid, cinjirka galmada waxa aad ku xidhi kartaa xadhigga la maroojiyo kuna ridi kartaa weel nadiif ah.
 - u hubso inaan galmada dhexda lagu joojin. Taasi waxay waxyeelan kartaa qaybta hore ee biyahaaga oo saameyn kartaa natiijooyinkaaga baadhista.
- Haddii tinta bisqinta/shuunka ama dun ka soo go'day maradaada ku dhacdo weelka, ha ka soo saarin. Shaybaadhka ayaa ka soo saari doona iyaga oo isticmaalaya qalab nadiif ah.
- Daboolka dib u saar weelka. U hubso inuu si adag u xidhan yahay.

After Collecting Your Sample

- Write the following information on the container with a pen or marker that will not run if the ink gets wet:
 - full name
 - date of birth
 - date and time of collection.
- Wrap the container in a dry towel and place it in a paper sack. Keep it at room temperature.

Returning Your Sample

- Please bring a photo ID such as a driver's license with you.
- If you collected the sample at the lab, give the container to one of the lab staff.
- If you collected the sample at home, bring the container to your lab at your appointment time. This should be done within 1 hour of collecting the sample. See below for lab locations and hours.
- If some of the sample was lost while you were collecting it, please tell the lab staff.

Where to Return Your Sample

If you are collecting the sample at home, make an appointment to return your sample at one of the following locations.

- **Abbott Northwestern Hospital**
2828 S. Chicago Ave., Suite 450
Minneapolis, MN 55407
Monday-Friday, 7:30 a.m. to 3:15 p.m.
Saturday-Sunday, 7:30 to 10:30 a.m.
Scheduling line: 612-863-4115
Tests performed include: andrology tests and insemination preparations.

Call the lab for all holiday hours.

Ka Dib Ururinta Saambalka

- Macluumaadka soo socda ku qor weelka adiga oo isticmaalaya qalin ama qalinka calaamadeynta oo aan tirtirmayn haddii khadku goyo:
 - magaca oo buuxa
 - taariikh dhalasho
 - taariikhda iyo wakhtiga ururinta.
- Weelka ku duub tuwaal ama shukumaan qallalan oo ku rid boorso waraaq ah. Ku hay heerkulka qolka.

Soo Celinta Saambalkaaga

- Fadlan soo qaado aqoonsi sawir leh sida liisanka darawalka ama ruqsada baabuur-wadista.
- Haddii aad saambalka ku ururisay shaybaadhka, weelka sii mid ka mid ah shaqaalaha shaybaadhka.
- Haddii aad saambalka ku ururisay guriga, weelka keen shaybaadhka wakhtiga ballantaada. Tan waa in la sameeyo gudaha 1 saac ka hor ururinta saambalka. Hoos ka eeg goobaha shaybaadhka iyo saacadaha.
- Haddii mid ka mid ah saambalka uu lumay markii aad ururinaysay, fadlan u sheeg shaqaalaha shaybaadhka.

Meesha La Geeyo Saambalkaaga

Haddii aad saambalkaaga ku ururinaysid guriga, fadlan sameeyso ballan aad saambalka ku keentid mid ka mid ah goobaha soo socda.

- **Abbott Northwestern Hospital**
2828 S. Chicago Ave., Suite 450
Minneapolis, MN 55407
Isniin ilaa Jimce, 7:30 subxii -3:15 galabtii
Sabti-Axad, 7:30 ilaa 10:30 subixii
Teleefonka Ballansiga: 612-863-4115
Baadhitanada la sameeyo waxa ku jira:
cudurada ragga iyo diyaarinta bacriminta.

Soo wac shaybaadhka si ad u ogaatid dhammaan saacadaha maalmaha ciidaha.

- **Buffalo Hospital**
 303 Catlin St.
 Buffalo, MN 55313
 Thursday, 8 a.m. to 1 p.m.
 Friday-Wednesday and holidays, closed
 Scheduling line: 763-684-7855
 Test performed: semen analysis
- **Cambridge Medical Center**
 701 S. Dellwood St.
 Cambridge, MN 55008
 Wednesday-Thursday, 9 a.m. to 2 p.m.
 Friday-Tuesday and holidays, closed
 Scheduling line: 763-688-7920
 Tests performed include: semen analysis
 and post-vasectomy analysis.
- **New Ulm Medical Center**
 1324 N. 5th St.
 New Ulm, MN 56073
 Monday-Friday, 8 a.m. to 1:30 p.m.
 Saturday-Sunday and holidays, closed
 Scheduling line: 507-217-5366
 Tests performed include: semen analysis
 and post-vasectomy analysis.
- **United Hospital**
 333 N. Smith Ave.
 St. Paul, MN 55102
 Friday, 7 a.m. to 2 p.m.
 Saturday-Thursday and holidays, closed
 Scheduling line: 612-863-4115
 Tests performed include: semen analysis
 and post-vasectomy analysis.
- **Unity Hospital**
 550 NE Osborne Road
 Fridley, MN 55432
 Friday, 7 a.m. to 2 p.m.
 Saturday-Thursday and holidays, closed
 Scheduling line: 612-863-4115
 Tests performed include: semen analysis
 and post-vasectomy analysis.

These locations do not accept walk ins. Make an appointment before returning your sample.

- **Buffalo Hospital**
 303 Catlin St.
 Buffalo, MN 55313
 Khamiis, 8 subixii ilaa 1 galabtii
 Jimce ilaa Arbaca iyo ciidaha, wuu xidhan yahay
 Teleefonka ballansiga: 763-684-7855
 Baadhista la qabanayo: baadhitaan shahwo
- **Cambridge Medical Center**
 701 S. Dellwood St.
 Cambridge, MN 55008
 Arbaca-Khamiis, 9 subixii ilaa 2 galabtii
 Jimce ilaa Salaasa iyo ciidaha, wuu xidhan yahay
 Teleefonka ballansiga: 763-688-7920
 Baadhitanada la sameeyo waxa ku jira:
 baadhista shahwadda iyo baadhista ka dib
 xidhitaanka xididka shahwadda.
- **New Ulm Medical Center**
 1324 N. 5th St.
 New Ulm, MN 56073
 Isniin ilaa Jimce, 8 subixii ilaa 1:30 galabtii
 Sabti-Axad iyo ciidaha, wuu xidhan yahay
 Teleefonka ballansiga: 507-217-5366
 Baadhitanada la sameeyo waxa ku jira:
 baadhista shahwadda iyo baadhista ka dib
 xidhitaanka xididka shahwadda.
- **United Hospital**
 333 N. Smith Ave.
 St. Paul, MN 55102
 Jimce, 7 subixii ilaa 2 galabtii
 Sabti ilaa Khamiis iyo ciidaha, wuu xidhan yahay
 Teleefonka ballansiga: 612-863-4115
 Baadhitanada la sameeyo waxa ku jira:
 baadhista shahwadda iyo baadhista ka dib
 xidhitaanka xididka shahwadda.
- **Unity Hospital**
 550 NE Osborne Road
 Fridley, MN 55432
 Jimce, 7 galinka hore illaa 2 galinka dambe
 Sabti-Khamiis iyo maalmaha ciidaha, waa
 xidhan yahay
 Teleefonka ballansiga: 612-863-4115
 Baadhitanada la sameeyo waxa ku jira:
 baadhista shahwadda iyo baadhista ka dib
 xidhitaanka xididka shahwadda.

Goobahani ma oggolaadaan qofka iska socda ballan la'aan. Sameeyso ballan ka-hor inta aanad soo celin saambalkaaga.

Billing and Insurance

Allina Health Laboratory will not bill your insurance. If your clinic has chosen not to be billed for this testing, you will be asked to pay at the time of service. Please be prepared to pay by cash, check or credit card.

When You Will Get the Results of Your Lab Test

Your results will be available 7 days after you return the sample. Call your health care provider to get your results or if you have questions.

Kharash Dalacidda iyo Caymiska

Shaybaadhaka Allina Health Laboratory kharashka kuma dalaci doono caymiskaaga. Haddii xaruntaada caafimaadku aanay dooran in lagu soo dalaco kharashka baadhitaankan, waxa lagu weydiisan doonaa inad bixisid kharashka wakhtiga adeegga. Fadlan isu diyaari inad lacagta ku bixisid kaash, jeeg ama kaadhka daynta.

Goorma Ayaad Heli Doontaa Natiijooyinka Baadhistaada Shaybaadhka

Natiijooyinkaaga waxa la heli doonaa todoba maalmood ka dib marka aad saambalka geysid shaybaadhka. Wac bixiyahaaga daryeel caafimaad si aad u heshid natiijooyinkaaga ama haddii aad qabtid su'aalo.