

## Semen Specimen Collection

### Opening the kit

- Remove the freezer pack from the kit and place it in your freezer with the printed side up for at least 12 hours prior to collecting the specimen.

### Collecting the specimen

- To ensure overnight delivery to the CDC laboratory during normal business hours, the specimen must be collected before noon Monday-Thursday.
- Remove the lid from the glass jar prior to collection.
- Masturbate directly into the glass jar. Do not use any lubricant. Do not collect the specimen by withdrawing during intercourse.
- You will notice a small button attached to the side of the jar (see photo on the back of this page). This is a digital thermometer that will record the temperature of the specimen during shipping. Do not remove it. If it becomes detached, please put it inside the baggie with the jar.
- Fill out the label on the jar with the time, date, and whether some of the specimen was lost (spilled or missed container). Semen droplets left behind after collection are not important and should not be noted.
- Once the specimen is collected, remove the glass straw from the heat-sealed bag. Tilt the specimen jar and place the open end of the straw into the specimen. Allow the straw to be in contact with the specimen for 20 seconds. Then allow the straw to fall to the side of the specimen jar so that the lid will fit on the jar.

### Shipping the specimen

- After placing specimen into shipping container as shown in the photos on the back of this page, immediately telephone Federal Express at (800) 463-3339. They will make arrangements for the specimen to be picked up the same day.
- After calling Federal Express, it is important to call the CDC laboratory at (800) 870-0201 to let them know to expect your specimen. You will be asked to leave a voice message stating your ID number and the date.

When the laboratory receives your specimen, it will be evaluated for amount of semen, sperm count, sperm shape, and sperm movement (how far the sperm have swum into the glass straw). Other biochemical research tests of sperm chromatin and proteins will also be done.

Public reporting burden for this collection of information is estimated to average 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974.



Semen collection jar with external thermometer.



Tightly closed specimen jar should be placed in the baggie with the absorbent cloths for shipping.



Baggie should be placed inside the foam holder on top of the ice pack inside the Styrofoam container.



Place the Styrofoam lid on the box.  
The Styrofoam container is placed in the shipping  
box.