



APPENDIX I

PROTOCOL FOR COLLECTION OF SEMEN SAMPLES

SEMINOGRAM (SPERMIOGRAM):

1. **Do not have sex** for between 3 and 7 days (**ideal 5**), which means that there will be no loss of semen, either by coitus or by masturbation over those days.
2. Before taking the sample, you should wash your genitals and your hands with soap and water and dry yourself with a clean towel.
3. The sample must be obtained by **masturbation**, into a sterile container (a urine container) which must be previously heated between your hands. Those samples obtained with a condom will be **rejected** (as they contain spermicides) or by coitus interruptus (due to loss of the first fraction and vaginal contamination).
4. The patient must make sure that the **sample** is **complete**, as an incomplete sample will be rejected.
5. The sample must be **handed over** to the laboratory **before half an hour** has passed and during its transfer extremes of temperature must be avoided, whether high or low, which will considerably affect the mobility of the sperm. The best way to transfer your sperm is next to your body, under your arm or in a pocket.
6. If the patient produces the sample at the laboratory, he must come from his home, having previously washed, as directly as possible.

NOTE: By prior appointment

FOR CULTURE (SPERMIOCULTURE):

1. **Do not have sex** for between 3 and 5 days, which means that there will be no loss of semen, either by coitus or by masturbation over those days.
2. You should urinate and throw away the urine, then wash your genitals and hands with soap and water and dry yourself with a clean towel.
3. The sample of semen will then be produced in a sterile container (urine container), by **masturbation** and those which have been obtained with a condom will be **rejected** (as they contain spermicides) or by coitus interruptus (due to loss of the first fraction and vaginal contamination).
4. The sample must be handed over **within half an hour** and if the patient produces it at the laboratory, he must come from home already washed and wishing to urinate.

NOTE: discuss the time for handover of the samples with the laboratory.