

PLEASE READ CAREFULLY

While we recognize that this test is somewhat sensitive in nature, we encourage you to contact your physician or either of the laboratories listed below if you have questions about the correct way to collect your semen specimen. Please follow these instructions exactly.

PREPARE FOR THE TEST

- **Requisition.** Obtain a requisition (test order form) from your physician indicating the test to be performed. **Please bring this form with you to your appointment.**
- **Abstinence.** To obtain the most accurate results, you should remain abstinent (no ejaculation) for at least 3 full days (72 hours), but for no more than 5 full days.

CHOOSE THE LABORATORY AND CALL AHEAD FOR AN APPOINTMENT

YOU MAY CHOOSE TO HAVE YOUR SPECIMEN COLLECTED AND TESTED AT EITHER OF THESE ALBUQUERQUE LABORATORIES:

- **University Hospitals Reproductive Endocrinology and Infertility Clinic, 505-272-3915**
Call the clinic ahead of time at 505-272-3915 in Albuquerque to make an appointment for specimen collection. Please bring your driver's license, insurance card, referral paperwork and requisition (test order form) with you to your appointment.
- **Center for Reproductive Medicine of New Mexico, 505-247-3333**
Call the clinic ahead of time at 505-247-3333 in Albuquerque to make an appointment for specimen collection. Plan to arrive 15 minutes before your scheduled appointment time and bring your referral paperwork, requisition (test order form) and insurance card with you to your appointment.

IF YOU HAVE QUESTIONS

Please call either of these numbers:

TriCore Reference Laboratories: 505-938-8922

University Hospitals Reproductive Endocrinology and Infertility Clinic: 505-272-3915