



An affiliate of
Reproductive Medicine &
Fertility Centers®

Male (Sperm provider) Testing Checklist

- Semen analysis (see instructions below) (Must have appointment to drop off or test!)**
- Blood work
 - Screens
 - Testosterone
 - **CMV – if donor sperm**
 - Chromosomes (if genetic screening is selected) or wife has had miscarriages
 - Other: _____

To prepare for testing, we recommend the following:

Hydrate

Drink plenty of water to help purify your system. We are looking for urine that has been clear for a few days.

Abstain

The best sperm samples are collected from men who have abstained from ejaculation for at least 3-5 days. Collection can be done in a familiar, comfortable setting alone or with the help of a partner, but it must arrive at our office within one hour and kept at body temperature.