

RML

Regional Medical Laboratory
1923 South Utica Ave. Tulsa, OK, 74104

Instructions for Semen Collection

1. Abstain from sexual intercourse and masturbation for 72 hours prior to testing, but not more than 7 days.
2. Pick up a sterile container from Physician's office or laboratory. RML **DOES NOT** have appropriate facilities for semen collection.
3. Do not open the container until you are ready to use it. Be sure not to touch the inside of the container. After cleansing your hands and penis, obtain the specimen by masturbation. **DO NOT** use soap, water, or any lubricant during collection. Make sure the entire specimen is in the specimen cup.
4. Take the specimen (**with laboratory requisition**) to the laboratory within **ONE HOUR** of collection at the latest. It is best to take it to the laboratory as soon as possible after it is collected. You **DO** need an appointment for drop off at the laboratory. Specimens may be dropped off between 8:00am and 1:00pm, Monday through Friday. Please call **(918) 744-2500 ext. 15508** to schedule.
5. Be sure the specimen is labeled with your name, your doctor's name and the date and time the specimen was collected.
6. Keep the specimen as near body temperature as possible. **DO NOT HEAT OR REFRIGERATE SPECIMEN.**
7. Please take your specimen to Regional Medical Laboratory (RML) in the Siegfried Tower at 1923 S. Utica Ave, Tulsa, OK (5th floor) between 8:00am and 1:00pm. The phone number is (918) 744-2500 ext. 15508. Please call to schedule prior to obtaining specimen.