**IMPORTANT THINGS TO KNOW ABOUT YOUR APPOINTMENT**

* **FOLLOW ALL THE INSTRUCTIONS CAREFULLY OR YOU WILL BE TOLD TO RESCHEDULE FOR NOT DOING SO.**
* **The appointment fee is $150 and must be paid upfront with a credit or debit card. Cash will not be accepted.**
* **Appointments are to DROP-OFF ONLY and a referral from a doctor is required. No sample will be accepted without**

**a CONFIRMED appointment.**

**• The sample must be brought in by the PATIENT ONLY or it will not be accepted.**

* **Proof of ID is required (Ex: government-issued ID or passport). No exceptions!**
* **You will have up to 90 MINUTES to collect a fresh sperm sample and drop it off at your SCHEDULED appointment time.**
* **Results will be ready within 2 business days AFTER your appointment and sent directly back to the provider who referred you. REACH will not be responsible for discussing results with you.**

1. **What test am I being referred for? SEMEN ANALYSIS:** *This test will provide information about the quality of your sperm.*

*It is one of the first steps in detecting any male fertility issues. CPT code: 89259. Diagnosis code: Z31.41-fertility testing*

1. **Where/ when can I obtain a STERILE specimen cup?**  *REACH has kits for FREE. No appointment is required to pick-up.*

*REACH-Mooresville: Pick up anytime between 7am-2:30pm @ 105 Landings Dr. Suite 202 Mooresville NC 28117*

*REACH-Charlotte: Pick up anytime between 7am-3:30pm @ 1524 E. Morehead St. Charlotte, NC 28207*

***If you opt to purchase a specimen cup elsewhere, it should look like the image shown*. REACH will NOT accept a sample collected in a Ziploc bag or food storage container. You will be told to reschedule.**



1. **What times are drop-off appointments accepted? *(Listed are the ONLY times the lab will accept drop-offs. Dates and times are subject to change based upon availability at the time of scheduling) Weekends are not an option.***

*REACH-Charlotte location: Monday-Friday @ 9:30, 10, 11:30, 11:45, 12, and 12:30*

*REACH-Mooresville location: Monday-Friday @ 8, 8:30, 9, and 9:30*

**HOW TO PREPARE**

* **YOU MUST ABSTAIN FROM SEX AND/OR EJACULATION A MINIMUM OF 2-3 DAYS PRIOR TO YOUR APPOINTMENT.** This ensures your that sperm count is at its highest level. You may go up to 5 days, but nothing more than that or you will be asked to reschedule.
* **If you prefer to produce a sample via intercourse, you must purchase a condom from REACH before doing so.** The fee is $30. REACH will not transfer the contents from the condom to the specimen cup. The patient is solely responsible for doing so PRIOR to dropping the sample off for processing.
* Prior to collection, hands and penis must be clean and free of lubricants, powders, soaps, or other foreign materials. All of these may be toxic to sperm.
* Preferably, the sample should be produced via dry masturbation without the use of any lubrication, including saliva. However, if a lubricant is needed, MINERAL OIL is the ONLY lubricant approved for use.
* The sample must be collected in a sterile container with a lid**.** Be sure to collect the ENTIRE sample into the cup and securely tighten the lid.
* During transit, keep the specimen cup in an upright position and as close to body temperature as possible.
* **Upon arrival, CHECK IN AT THE FRONT DESK. DO NOT give your sample to the Front Desk receptionist**. You will be informed of where to take your sample afterwards.

**ADDITIONAL REASON A SAMPLE WILL NOT BE ACCEPTED--**

1. **Inappropriate days of abstinence.**
2. **Sample was not received in the laboratory within the appropriate time frame.**