

# Instructions for producing sperm

1. First pass urine to flush out bacteria present in the urethra.
2. Wash your hands well.
3. Rinse the penis with lukewarm water. Shake off the water, do not dry. Do not use soap and/or oil, as this will negatively affect the quality of the semen.
4. Produce sperm through masturbation. Collect the total amount of semen in the semen collection container. The inside of the container is sterile and should not be touched with your hands
5. Close the semen collection container tightly.
6. If you have missed a part of the semen, it is important that you report this when handing in the container.
7. Hand in the semen collection container at the laboratory counter.