

## Patient Instructions for Collection of Semen

Please read and follow the instructions carefully.

**Post Vasectomy:** The sample should be collected after at least 12 ejaculations and 4 weeks post vasectomy. The sample must be received at the lab within 1 hour of collection.

**Fertility Testing:** The sample must be kept warm and received at the lab within 30 minutes of collection.

Semen specimens are accepted in the laboratory before noon on days the laboratory has outpatient services.

Timmins patients-Please deliver post vasectomy specimens to Lifelabs in Hollinger court. Timmins hospital lab only accepts specimens for fertility weekdays up to 2:00p.m.

**Collection of Semen for Fertility:**

Obtain a sterile container from your doctor or the laboratory

Do not have sex or masturbate for 2 days and for no more than 7 days.

If more samples are required, the number of days of sexual abstinence should be the same at each visit.

Masturbation is the only acceptable method of collection.

Ejaculate into the sterile container provided.

If a portion of the collection is lost, discard the sample and collect a new sample with a new bottle at a later date.

Write your name and date and time of collection on the outside of the container.

Condom specimens are unsatisfactory and will not be accepted as they are harmful to sperm and will affect the results.

The specimen must be kept at body temperature by carrying it close to the body until dropped off at the lab.

Complete the form below and take the sample with this completed instruction sheet and requisition to the lab.

Complete the information below:

<b>Choose one:</b> <input type="checkbox"/> Post vasectomy: Date of Vasectomy		<input type="checkbox"/> Fertility Testing
Patient's name		
Date of Birth		
Date of Collection		Time of Collection
Number of days sexual abstinence prior to collection		
Lab Use only: Time of Receipt:	Time of Analysis	