

# Semen Collection

## PATIENT COLLECTION INSTRUCTIONS

Semen samples are accepted in most labs by appointment only.  
Be sure that you have an appointment with your local lab before collecting sample.

Test	Semen Collection
All	<ul style="list-style-type: none"><li>Keep sample at <b>body temperature</b>, by holding container against your body such as in an inner pocket of your coat or holding it under your arm.</li><li>Prompt delivery of the specimen to the laboratory is essential to ensure accuracy of the test results. <b>Alert staff that you have a time sensitive specimen immediately when dropping specimen off at your local laboratory.</b></li><li>For the results of your test, please contact the ordering physician or check your HealthElife account.</li></ul>
How to Prepare	<ul style="list-style-type: none"><li>No sexual activity (masturbation or intercourse) for <b>2 to 7 days</b> before specimen collection. No less than 2 days and no longer than 7 days between last ejaculation and specimen collection.</li><li>Try to avoid any temperature fluctuations while transporting sample to the laboratory, it is recommended to collect sample in a private room close to the laboratory.</li></ul>
Caution	<ul style="list-style-type: none"><li><b>These collection instructions are meant to help you collect the right specimen for this test. Failure to follow instructions, improperly labelled or leaking containers may result in sample rejection. Contact the laboratory with any questions or if you require a new container.</b></li><li>The laboratory requires a <b>fresh and complete</b> sample for examination. All the ejaculation must be collected. Test results may not be accurate if any of the sample was spilled or lost during collection.</li><li>Please check the correct box below and give this sheet to the laboratory staff when you drop off your sample for testing.</li></ul> <p><b>SAMPLE TYPE:</b>      Post Vasectomy      Fertility Testing</p> <p><b>Date of Collection:</b> _____ <b>Time of Collection:</b> _____</p>

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## Collecting the Specimen

1. Confirm the collection container is labelled correctly with:
  - Your (the patient) first and last name
  - Another identifier such as date of birth (DOB) or healthcare number (PHN)
2. Wash hands with soap and water.
3. Remove the lid from the container (cup) and set aside. Do not touch the inside of the cup or lid.
4. Obtain sample by masturbation. Directly collect entire specimen into the provided container. **Do not use any other container, condom, or lubricant of any kind.**
5. Replace the lid and tighten firmly.
6. Wash hands thoroughly.
7. Clearly write collection date and time on the container and the requisition.
8. Place container into the sealed bag provided.
9. Place the requisition and this completed form into the outer pouch of the bag.
10. **Bring the container and requisition to the laboratory within 20 minutes of collection.**

Facility information: