
How to Collect a Semen Sample

(Complete Examination / Post-Vasectomy)

IMPORTANT: TO ENSURE ACCURATE TEST RESULTS, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

Collection container:

- Sterile specimen container (C&S)

Before Collection:

- Do not ejaculate (either through sexual intercourse or masturbating) for at least three (3) days before collection.

Collection instructions:

- Collect a sample in the sterile container provided by your physician.
- DO NOT collect the sample in a condom. Condoms contain a powder that destroys sperm.
- Ensure the entire semen sample is collected.
- Securely fasten the cover.

Check that you have:

- Labeled both container and requisition with your **NAME**
- Labeled both container and requisition with your **Provincial Health Card Number** (as they appear on your Health Card)
- Labeled both container and requisition with the Date and Time of collection

Transport:

- Specimen **must** be kept warm (body temperature) until delivery.
- Specimen **must** be received within two (2) hours of collection.
- Bring the specimen directly to the laboratory from 8:00am until 2:00pm, Monday to Friday. Specimens **cannot** be accepted after-hours, on weekends or holidays.
- Hand the specimen and requisition directly to laboratory staff.