



Semen Collection Instructions

Patients must book an appointment for both on-site and off-site collection. Appointments can be made by calling 519-570-0090 x 1.

To ensure a valid laboratory test result, follow these instructions exactly.

1. **DO NOT** have sexual activity, which may cause ejaculation within 48 hours prior to collecting your specimen. **DO NOT** abstain from sexual activity for more than 4 days before collecting the specimen.
2. **NO SOAP or LUBRICANTS** are to be used.
3. By masturbation, ejaculate the **ENTIRE** specimen into the container provided by our clinic that has your demographic label on it.
4. Ensure you complete the semen collection form that can be handed in with the sample.

Off-Site Collection

1. Samples should be delivered no longer than 1 hour after collection. When transporting your sample from home keep the container close to your body (inside your jacket) so that it stays at body temperature. Make sure the sample is not exposed to variations in temperature.
2. Condoms should **NOT** be used for semen collection because they contain agents that kill sperm. If you need to collect a sample with intercourse, you can purchase a non-toxic condom from our clinic. If you collect a sample in this type of condom, drop the whole condom into a sterile container provided to you and bring it to the laboratory.
3. Interrupted intercourse should not be performed for specimen collection as this may result in the loss of the most critical portion (first portion) of the ejaculate and the specimen may be contaminated with cells or bacteria from the vagina.
4. If a pubic hair or thread of clothing accidentally falls into the container, do not attempt to remove it. The lab will remove it using sterile techniques.