

SEMEN ANALYSIS COLLECTION INSTRUCTIONS

Please read all of the instructions before collecting a semen sample. It's important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

It is important that you continue to use protection after your vasectomy (condoms, birth control pills, IUD, etc). You can still father a pregnancy after your vasectomy, and you must continue to use protection until told otherwise by your doctor. It is recommended that you have at least 20 ejaculations within the 10-week period after your vasectomy. At the specified time by your doctor after your vasectomy, you are to submit semen analysis testing to assess for the presence of sperm. You will then review the results with your doctor.

1. **Before You Collect a Sample:** When collecting a semen sample, it should be more than 2 days from your last ejaculation, but not more than 7 days.
2. You must contact a local lab near you (ie. LabCorp or Quest depending on your insurance), and identify a location that accepts post-vasectomy semen analysis. Some labs require an appointment for drop off.
3. The sample must be collected within 1 hour of submitting it to the lab.
4. **Directions for proper collection:** Lubricants or condoms should not be used while collecting the sample, as they can kill the sperm and affect your test results. Clean the head of the penis with wet, soapy towelettes or cotton balls. If you are not circumcised, pull back the foreskin and cleanse. Rinse the cleansed area with a new towelette or cotton ball that is wet with plain water. Dry your penis well before you collect the sample. Remove the lid from the collection container. Make sure the container is clean and dry. The sample should be collected by masturbation directly into the container. It is important to collect the entire specimen. If any of the specimens was lost, you should discard and try again on another day. If a pubic hair or thread from your clothing falls into the container, do not take it out. The lab will take it out using a clean tool. Put the lid back on the container. Make sure it is closed tightly.
5. **After Collecting Your Sample:** Write the following information on the container with a pen or marker that will not run if the ink gets wet: — full name — date of birth — date and time of collection. Wrap the container in a dry towel and place it in a paper bag. Keep it at room temperature. You may also keep it in a shirt pocket close to your body to keep it warm.
6. **Returning Your Sample:** Drop off the sample at the previously identified lab within 1 hour of collection. You will need to take the prescription order, ID, and your insurance card with you.