

# Collection of a Semen Sample (Fertility and Post Vasectomy)



Interior Health  
*Every person matters*

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

To ensure an accurate result, read the instructions carefully, and follow each step as directed.

**Sample drop off must be done during normal hours of operation. Please contact your local laboratory to confirm hours of operation and appropriate time for sample delivery prior to collection.**

Abstain from ejaculation for a minimum of three days prior to collection.

1. The sample must be submitted in the sterile container provided by the laboratory. No other sample container is acceptable.
2. Remove the lid from the container and set it aside.
3. Collect the sample by masturbation and ejaculate directly into the container. The entire sample must be collected.  
**Note – Do not collect sample into a condom or use lubricants. This will result in sample recollection.**
4. Keep the container and sample as clean as possible. Do not touch the inside of the container.
5. Replace the lid onto the container and securely close.

6. Label the container with your full legal name (first and last), date of birth, and CareCard number. Write the date and time of collection on the label. INDICATE the number of days of abstinence on the container, i.e. 4 days abstinence
7. For sanitary reasons, the container must be enclosed in a plastic bag.
8. The sample must be kept at body temperature after collection and during transit to the laboratory (i.e. carry the sample against body in an inside pocket).
9. Deliver sample to the laboratory as soon as possible after the collection. The sample must arrive at the laboratory within 30 minutes of collection.  
Inform lab staff if there were any collection or transport problems.

**If you have any questions regarding your sample collection please contact your local laboratory.**

*You must present your current health insurance (CareCard) and requisition to the laboratory.*

<b>Healthlink BC</b> <b>Call 8-1-1</b> <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		