



## Seminal Fluid (Sperm) Collection for Fertility

### About your Test

- Your health professional has requested a test to count the number of sperm present in your seminal fluid following a vasectomy.
- You will need to obtain a specimen container and delivery bag from your health professional or from one of our collection centres.
- Please produce your sample at home. Our collection centre rooms are unsuitable for this purpose.

### Procedure

1. You should abstain from ejaculation for a period of no less than 2 days and no more than 7 days before collecting your sample. This ensures optimal numbers of sperm are present.
2. Collect your sample by masturbation without the use of a lubricant - do not use a condom to collect your sample as the spermicidal agent in the condom will affect your test results.
3. Ensure you collect all the seminal fluid produced into the specimen container and screw the lid down firmly.
4. Label the specimen container with your full name, your date of birth, and the date and time of the collection.
5. Place the specimen container in the delivery bag provided, with the form in the front pocket.

**Please keep your sample warm and deliver it to the main laboratory at Paraite Road, Bell Block within 30 minutes of collection**

**Reminder: Have you labelled the container?**