

## Semen analysis for fertility and post-vasectomy Collection instructions

You are strongly advised to produce semen samples using our dedicated specimen collection facility next to the laboratory to ensure the specimens are processed in a timely manner.

You **must** make an appointment even if you intend to produce your sample offsite. Please note that it is illegal to perform sexual act in public toilet.

**To book the laboratory sample collection room you should telephone 020 8401 3000 ext 5560 between 09:00 and 17:00.**

If you intend to produce your sample off-site, you must collect an approved sample collection pot and instructions from the laboratory or your GP.

### When to collect your sample

The first post-vasectomy sample must be collected after a minimum of 12 weeks and 20 ejaculations after the procedure was performed.

Both fertility and post-vasectomy samples must be collected after a minimum of 2 days and a maximum of 7 days of sexual abstinence (No sexual intercourse or ejaculation).

Samples collected outside these periods **will not be analysed** and you will be asked to produce a repeat sample.

### How to collect your sample

Carefully wash hands and penis, especially the area beneath the foreskin.

Produce sample by masturbation into the approved wide-neck container supplied by laboratory or your GP. Do not use normal condoms, sheaths or unapproved containers. All of the sample must be collected into the pot. If any of the sample is spilt, the whole process must be repeated after 2 to 7 days abstinence.

Ensure the container lid is sealed securely to avoid specimen leakage.

Label the sample container with the following information:

- First a name  
Surname
- NHS number
- The date and time that you collected the sample

Ensure the sample is kept at body temperature, for example in a pocket.

Samples collected in our dedicated collection room or off site must be given to the laboratory within 30 minutes of collection. Samples handed in more than 30 minutes after collection will be rejected.

### **Giving us your sample**

You will be asked to fill in a form providing information about your sample.

Use your smart phone to take a picture of the sample information form. This is your sample receipt.

Test results will be returned to your doctor within 5 working days.