



Seminal Fluid (Sperm) Collection

About your Test

- Your health professional has requested a test to count the number of sperm present in your seminal fluid for either fertility studies or following a vasectomy.
- Please keep your sample warm and deliver it to Southern Community Laboratories within 1 hour of collection.
- You will need to obtain a specimen container and delivery bag from your health professional or from Southern Community Laboratories.

The Procedure

1. You should abstain from any sexual activity, including masturbation, for 3 days (but not more than 7 days), before collecting your sample. This ensures optimal numbers of sperm are present.
2. Collect your sample by masturbation - do not use a condom to collect your sample as the spermicidal agent in the condom will affect your test results.
3. Collect seminal fluid into the specimen container and screw the lid down firmly. It is important to collect the whole sample.
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.
6. Deliver your sample to Southern Community Laboratories as soon as possible, and certainly within 1 hour following collection. Keep the sample warm. Do not put the sample in the fridge.

Reminder: Have you labelled the Container?

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If you require further information regarding your test procedure please telephone Southern Community Laboratories on 0800 101 444