



Patient Instructions

Semen Specimens Patient Instructions / Appointment Form

Appointments for semen specimen drop-offs are required. Please read the instructions before calling to make your appointment. Specimens dropped off without an appointment or past the appointment time will NOT be accepted.

Semen appointments cannot be booked online.

To schedule an appointment, call LifeLabs at 1-855-412-4495

Monday to Friday from 9:00 a.m. until 5:00 p.m.

Note: If this is a repeat collection for transportation or delay issues, please inform the booking agent. Please let us know immediately if you are unable to make your scheduled appointment.

Your doctor has requested an analysis of your semen (ejaculate) as marked [x].

Fertility Specimen Follow steps 1-6. Post Vasectomy Specimen Follow steps 2-6.

If your appointment is at the on-site collection center, do not collect your sample prior to your appointment time. Steps 4-7 do not apply.

To ensure a valid laboratory test result, follow these instructions exactly. If you do not understand the instructions, please contact LifeLabs at 1-855-412-4495.

1. No sexual activity (ejaculation by masturbation or intercourse) for 2 to 7 days before specimen collection. (No less than 48 hours, no longer than 7 days)

Number of days since last ejaculation: _____

2. The laboratory requires a fresh and COMPLETE specimen for examination. All of the ejaculate must be collected. Test results may not be accurate if any of the sample, especially the first part of the sample, was spilled or lost during collection. Please check the correct box below and give this sheet to the staff at the Patient Service Centre when you drop off your specimen for testing.

COMPLETE SAMPLE: Yes No

3. Specimen is to be obtained by masturbation. Ejaculate the ENTIRE specimen into the container provided by the laboratory or physician.

DO NOT USE any other container, a condom or lubricant of any kind. Use of any other container type will result in specimen rejection.

4. Print your name, the date and time you collected the specimen on the container label.
5. After collection and during transit, the sample must be kept at body temperature by carrying it in an inner pocket against the body.
6. The specimen must be delivered to the designated Patient Service Centre **as quickly as possible** after collection (i.e. within 10-15 minutes), no later than **30 minutes after collection**.
7. When you arrive at the Patient Service Centre, go directly to the front desk and tell the staff you have an appointment to drop off a time sensitive specimen.

Collection Time: _____ Collection Date: _____

I have understood and followed all of the above instructions

Patient Name _____ Signature _____