

**To schedule a time, date and location to drop off your specimen please call LifeLabs:**

Monday to Friday 7:00 am – 4:45 pm (except statutory holidays).  
Call 604-412-4495 and press 3 to speak with laboratory personnel.  
Please have your Care Card ready when you call.

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

Fertility Specimens: Follow steps 1-6

Post Vasectomy Specimens: Follow steps 2-6

To ensure a valid laboratory test result, you must follow these instructions **exactly**.

1. **DO NOT** have any sexual activity which may cause ejaculation within 48 hours prior to collecting your specimen.  
**DO NOT** abstain from sexual activity for more than seven days before collecting the specimen.
2. By **masturbation**, ejaculate the ENTIRE specimen into the container provided by the laboratory.  
**DO NOT USE** any other container, a condom, or a lubricant of any kind.
3. Print your name and the **time of collection** on the container.
4. Keep the container close to your body (inside your jacket) so that it stays at body temperature.
5. Bring the container **IMMEDIATELY** (within 30 minutes of collection) to the laboratory centre arranged by the appointment booking office.
6. When you arrive at the laboratory, go directly to the front desk with your signed patient instruction card and specimen.  
**DO NOT** take a number. Tell the staff that you have an appointment to drop off a time sensitive specimen.

**I have understood and followed all of the above instructions.**

\_\_\_\_\_ **Signature**                      \_\_\_\_\_ **Date**