

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 one of the locations listed below, within the times and days noted.
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**

Please drop off specimens according to the dates and times listed below.

City	Address	Telephone	Drop-off Days & Times
Kamloops	135-546 St. Paul St.	250-374-1644 ext 221	Mon-Fri 8:00am – 3:30pm
Prince George	110-1669 Victoria St.	250-562-4191	Mon-Fri 10:00am – 3:00pm
Terrace	105-4643 Park Ave.	250-615-5454	Mon-Fri 8:30am – 3:00pm