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CISSS Bas-Saint-Laurent
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Centre intégré
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du Bas-Saint-Laurent

Québec 

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User Instructions Spermogram

Clinical Department of Laboratory Medicine

OPTI-DE-006



You have been prescribed a **spermogram** for:

- Fertility testing
- Vasovasostomy control
- Post-vasectomy control

Please contact the specimen collection centre in your area to make an appointment and/or to agree on the collection procedure beforehand.

 **Enter the return time and date for your specimen here:**

MATERIALS REQUIRED

- Sterile, leakproof container.



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SPECIMEN IDENTIFICATION

If not already marked on the container, **clearly** write the following information on the label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- The date and time of sampling

STORAGE

- During transport, keep the container in direct contact with your body at all times to ensure that the sample remains at body temperature (37 °C). Example: under the armpit (a coat pocket is not suitable for keeping the sample at the right temperature)
- Keep the container upright so the sample does not end up in the cap.
- Do not transport the sample in a thermos.

RETURN OF SAMPLES

- Bring your container to the specimen collection centre of the laboratory facility **no later than 45 minutes after specimen collection**.
- 🖐️ Be sure to check the centre's availability and conditions before collecting the sample.
- Fertility testing: have your partner's name and date of birth ready.
- Vasectomy: have the date and place of the vasectomy ready.
- When returning the samples, remember to bring **your hospital card** or RAMQ card as well as **your prescription**.

Sampling method

INSTRUCTIONS

To ensure optimum sample quality and the best possible results, follow the instructions and deadlines set out below.

- Respect the number of days of abstinence recommended by your doctor (i.e., no ejaculation, including masturbation).
- Normally, this period should be at least 2 to 3 days, but no more than 5.
- The sample can be taken at home or at the specimen collection centre, but must be brought to the collection centre or laboratory within 45 minutes of ejaculation.
- 🖐️ Take care not to contaminate your sample with lubricants or saliva.

STEPS TO FOLLOW

The collection method is complete ejaculation directly into a sterile container.

1. Ejaculate into the sterile container.
2. 🖐️ Do not ejaculate more than once into the container. If not all the ejaculate is collected (even if you only lose a few drops), mention it to the laboratory staff.
3. Close the container tightly.