

2021

# Semen Collection

Pathology and  
Laboratory Medicine  
Halifax Area

Your doctor will give you a Semen Analysis Request form. You must fill out this form before dropping off your semen sample for testing. Your doctor can help you with this form. It must have:

- › Type of analysis needed
- › Date(s) of vasectomy and/or reversal (if applicable)
- › Time of last ejaculation (semen was released from the penis) before sample collection
- › Date and time of sample collection
- › Your full name
- › Your date of birth
- › Your health card number
- › Your health care provider's full name and address

## Instructions

- **Do not have any type of sex, masturbate, or ejaculate for at least 3 days before collecting your semen sample.**
- Your sample **must** be collected in a plastic, sterile (disinfected) container with a screw-top lid. We recommend using a specimen container given to you by your health care provider.

- Your sample must be collected in a container labelled with your full name, date of birth, and health card number using a ballpoint pen.
- Masturbation is the best way to collect a sample.
- Bring your sample to the lab between **8 a.m. and noon**. The address of the lab is on the back of this pamphlet.
- **Your sample must be given to the lab within 1 hour of being collected.**
- Try to keep the sample close to body temperature until it is delivered to the lab.
- When dropping off your sample, **do not leave before a staff member has accepted your sample.**

## Common questions

### Why do I have to bring my sample to the lab within 1 hour of collection?


- Semen sample analysis is time-sensitive. Over time, the semen can change. After 1 hour, your test results may not be reliable.

- If your sample has been collected more than 1 hour before being dropped, it may be rejected and you may need to give a second sample.

### **Can I use a condom to collect semen and then deposit it into a sterile container?**

- No. Most condoms contain spermicides and/or lubricants (lube) which are toxic (can kill) to sperm.
- Using a condom also means that there will be less semen to test.
- If you must use a condom for cultural or religious reasons, there are special condoms available for semen collection. Ask your health care provider for more information.

### **Why do I have to wait 3 days after having sex or ejaculating before I can collect a sample?**

- Ejaculating in the days before your sample collection may change your test results. It may cause you to have a lower sperm count (less sperm) or higher sperm motility (movement rate).
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## **Why do I have to bring my sample to the lab between 8 a.m. and noon?**

- Semen samples are submitted to the lab in the morning so that they can be analyzed the same day. Samples that are received after the noon cut-off time will not be analyzed.

## **Why do I have to answer all of the Semen Analysis Request form questions?**

- This information is needed to analyze your sample correctly. Incomplete forms may cause delay, inaccurate results, and/or specimen rejection.
- If your form is not complete when you bring your sample to the lab, you may need to fill out another form.

## **What will happen if my sample is rejected?**

- A report will be sent to your primary health care provider to let them know that your sample was rejected.

## **When will my results be ready?**

- A report will be sent to your primary health care provider within 5 business days.



## Can I collect my semen sample somewhere in the lab building?

- No. You must collect your sample before arriving at the lab.

## Where do I drop off my sample and completed form?

### Central Specimen Accessioning

5788 University Avenue

Main floor, MacKenzie Building

Victoria General (VG) site,

QEII Health Sciences Centre

Semen samples are only accepted:

- › **Monday to Friday**  
**(not on holidays)**
- › **8 a.m. to noon (12 p.m.)**

**Do not leave before a health care staff member has accepted your sample.**

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.