

2024

Semen Collection

Pathology and
Laboratory Medicine
Halifax Area

Instructions

- Your health care provider has given you a form for this test, called a **Semen Analysis Request form**.
- They can help you fill out this form, if needed. You must fill out this form **before** dropping off your semen sample for testing. **Your completed form 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
- **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-on lid. We recommend using a specimen container given to you by your health care provider.

- Write your **full name, date of birth, and health card number** on the container using a ballpoint pen.
- Masturbation is the best way to collect a sample.
- **You must give your sample to the lab within 1 hour of collection.** Bring your sample to the lab **between 8 a.m. and noon (12 p.m.)**.
- 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.**


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

- Semen sample analysis is time-sensitive. Over time, semen can change. After 1 hour, your test results may not be correct.
- **If you collected your sample more than 1 hour before dropping it off, it may be rejected and you may need to give another sample.**

Can I use a condom to collect semen and then put it in 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, masturbating, or ejaculating before I can collect a sample?

- Ejaculating in the days before collecting your sample may change your test results. It may cause you to have a lower sperm count (less sperm) or higher sperm motility (movement rate).
- 

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 tested the same day. Samples that are received after noon will be rejected.

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 (wrong) 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 health care provider to tell them that your sample was rejected.

When will my results be ready?

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

Can I collect my semen sample 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?

Victoria General (VG) Site,
QE II Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building

Semen samples are only accepted:

- › **Monday to Friday**
(closed holidays)
- › **8 a.m. to noon (12 p.m.)**

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

This pamphlet is not intended to replace the advice or professional judgment of a health care provider. If you have any questions, please ask your health care provider.

Prepared by: Pathology and Laboratory Medicine,
Halifax area

Designed by: Nova Scotia Health Library Services

QY85-2226 © November 2024 Nova Scotia Health Authority
To be reviewed November 2027 or sooner, if needed.