

What are your questions?  
Please ask.  
We are here to help you.

# Semen Collection

## South Shore Regional Hospital

### Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*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)

*Prepared by:* Pathology and Laboratory Medicine,  
South Shore Regional Hospital

*Designed by:* Nova Scotia Health Library Services

The information in this pamphlet 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.

QY85-1980 © July 2023 Nova Scotia Health Authority  
The information in this pamphlet is to be updated every 3 years or as needed.

**Drop-off is by appointment only:**

› **Phone: 902-527-5225**

Collections that are not labelled correctly or do not have a requisition filled out will not be tested.

## Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called a **requisition**.
- For at least **4 days** before your collection, **do not** have sex or masturbate. Ejaculating (releasing semen) before your collection may lower the sperm count and volume (amount).
- Use **only** the collection bottle given to you by your primary health care provider, local lab, or blood collection clinic.
- Use a pen that will not smudge when you are writing on the specimen bottle. **If the staff at the lab cannot read what you wrote on the bottle label, your collection will not be tested.**
- **Masturbating is the best way to get a collection.**
- Semen from a condom **cannot** be used because there is powder on the inside of the condom.

- Write your **full name**, your **date of birth**, your **health card number**, and the **collection date and time** on both the **requisition and the bottle label**.

**Take the filled bottle and requisition to the lab as soon as possible. You must do this within 30 minutes after collection. Samples received more than 30 minutes after collection may be rejected.**

- If you cannot get a collection near the lab, you will need to protect the collection from heat and cold while bringing it to the lab.
  - › Keep the bottle close to your body to keep the collection at body temperature.

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › **Date and time of semen collection**

**Semen testing is by appointment only.**

To make an appointment:

- › Phone: 902-527-5225

### Note:

All semen testing (including post-op vasectomy and infertility semen analysis testing) is **only** available at the South Shore Regional Hospital:

**South Shore Regional Hospital**

Main Floor

90 Glen Allan Drive

Bridgewater, NS B4V 2S6

Phone: 902-527-5225