

This pamphlet is just a guide.
If you have questions, please
talk to your health care
provider. We are here to help
you.

What are your questions?
Please ask a member of your
health care team.
We are here to help you.

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,
South Shore Regional Hospital
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Semen Collection

South Shore Regional Hospital

**Sample drop-off is by
appointment only:**

› Phone: 902-543-1380

**Your collection sample will
not be tested if:**

- › it is not labelled correctly.
- › your requisition is not
filled out.

Instructions

- For at least **48 hours (2 days)** before your collection, **do not have sex or masturbate**. Ejaculating (releasing semen) before your collection may lower the sperm count and volume (amount).
- **Do not use a condom to collect your sample.** The lab cannot test semen from a condom because there is powder on the inside of the condom.
- Use **only** the collection bottle given to you by your primary health care provider (family doctor or nurse practitioner), local lab, or blood collection clinic.

Each **requisition** and bottle label must have:

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

- Use a pen that will not smudge to print on the collection bottle. **If lab staff cannot read what you wrote on the bottle label, your collection will not be tested.**

Drop off your filled bottle and requisition within 30 minutes (half an hour) after collection. Lab staff may not accept samples received more than 30 minutes after collection.

- Your primary health care provider has given you a form for this test. This form is called a **requisition**.
- Masturbating is the best way to collect a sample.
- If you cannot collect a sample 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 (armpit).**

Sample drop-off is by appointment only.

- › Hours: 6:45 a.m. to 1 p.m. (Mon-Thurs)

To book an appointment:

- › Phone: 902-543-1380

All semen testing (including after a vasectomy and for infertility) is only available at:

South Shore Regional Hospital
Main floor
90 Glen Allan Drive
Bridgewater, NS B4V 3S6
Phone: 902-543-1380