



## Semen Analysis Collection Instructions

### Important:

- You must abstain from any form of ejaculation for 2-5 days before a semen collection.
- Condoms should not be used for semen collection because they contain agents that kill sperm. If you need to collect a sample by intercourse, you can purchase non-toxic condoms from our laboratory and use them for sample collection. If you collect a sample in this type of condom, drop the whole condom into one of our sterile containers and bring it to the laboratory.
- Interrupted intercourse should not be performed for specimen collection as this may result in the loss of the most critical first portion of the ejaculate and the specimen may be contaminated with cells or bacteria from the vagina.
- Lubricants should not be used to aid in the collection as they may be toxic to sperm.
- Samples collected at home must be dropped off to a FlowLabs location, **by appointment only, within one hour of collection**. If this is not possible, please make the drop off as soon as possible and ensure FlowLabs staff are aware of collection time. On-site collection appointments are also available for people living more than one hour away from a FlowLabs location.

### Collection Instructions:

1. Inspect the sterile collection container to ensure that the seal has not been broken. If the container or seal is visibly broken, and you suspect the container is no longer sterile because it has been opened, please inform FlowLabs staff to get a new one. If the seal has been broken only as a result of shipping and you suspect the container is still sterile because it has not been opened, please continue to use as instructed.
2. Clearly label the collection container with your First and Last name and Date of Birth (DD/MMM/YYYY), unless the container has already been labelled for you.
3. The semen sample should be collected only after you have washed your hands and penis with soap and water. Be sure to rinse away all soap residue.
4. Dry your hands and penis thoroughly before collecting the sample.
5. Collect the semen specimen by masturbation only, directly into the collection cup. One complete ejaculation is required.

6. If a portion of the sample is lost during collection, please make a note of this and inform the laboratory staff when dropping off the sample.
7. Ensure that the entire sample is in the container and screw the lid of the container on tightly.  
**IMPORTANT:** Note the collection time on the container.
8. Place the sample in the biohazardous bag and place your original requisition and the collection check off list in the outside pocket of the bag. If you do not have a biohazard bag, we will still accept your sample. Please ensure you bring the collection check off list with your sample.
9. Seal the bag and transport the sample to the lab. Remember to keep the sample at body temperature (tuck inside shirt, waistband, underarm)
10. Make sure to hand over your sample to FlowLabs staff. **DO NOT** leave sample at the door.

### Patients registering with FlowLabs:

1. After visiting your doctor and obtaining a completed requisition, read and follow the instructions on your FlowLabs requisition. You will be required to upload a photo of this requisition during your registration, and if you do not have an OHIP card, you will be asked for a photo of any health insurance documents.
2. A. **If you have already received a collection kit from your doctor**, please visit [www.flowlabs.ca](http://www.flowlabs.ca) and register, ensuring you are filling out all details correctly. If you have a requisition code on the top corner of your requisition, enter it when asked. Please indicate that you "already have a collection kit".  
B. **If you require a collection kit**, visit [www.flowlabs.ca](http://www.flowlabs.ca) and register, ensuring you are filling out all details correctly. If you have a requisition code on the top corner of your requisition, enter it when asked. Please indicate that you "need a collection kit" when asked during registration.  
**Option 1.** If you want to **pick up your kit** from a FlowLabs location, select "Pick Up" as the shipping option during checkout. Then, go to any FlowLabs location to obtain a drop-off collection kit. No appointment is required to **pick up** a collection kit. Be sure to check hours of operation and call the laboratory before going.  
**Option 2.** If you would like a **collection kit shipped to your house**, select "ship it" as the shipping option during checkout. Your kit will be mailed out to you within 3-5 days.

3. Upon receiving your kit, whether in person or via courier, follow the instructions provided in the kit and arrange to drop off the sample by booking an appointment. You can book an appointment by signing into the patient login at [www.flowlabs.ca/login](http://www.flowlabs.ca/login) using the credentials emailed to you during your registration with FlowLabs.
  - Please allow 3-72 hours after registration for FlowLabs to go over your account for us to "complete" your order. If your order is still "processing" you will not be able to book an appointment. If there are errors in your account (requisition, health card or payment) you will be notified via email and will not be permitted to book an appointment until these are resolved. Please check your email for any communication from FlowLabs regarding your account. You will receive email communication indicating when your order has been completed so you can book an appointment.
4. Collect the sample on the day of your appointment and drop off at the location of your choice **within one hour of collection**. Be mindful of keeping the sample close to your body so that it's at body temperature (i.e. tuck inside shirt, waistband, underarm). If you live further than one hour away, please drop it off as soon as possible, indicate to the staff when the sample was collected, and ensure it has remained at body temperature. You also have the option of collecting your sample on site.
5. **Plan to be 5 minutes early for your appointment. If you are more than 10 minutes late, we may not be able to accommodate you.** You should leave ample time to collect your sample the day of your appointment to avoid being late.

### Locations

- **Downtown Toronto** (790 Bay St, Suite 935)
- **Kingston** (76 Stuart St, Kidd 5, Room 22.5.009)
- **London** (215 Fanshaw Park Rd. West, Suite 104)
- **Maple** (191 McNaughton Road East, Suite 402)
- **Mississauga North** (2180 Meadowvale Blvd)
- **Oshawa** (65 Kenneth Avenue)