

## 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.

### 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 or you suspect that the container is no longer sterile, please inform FlowLabs staff to get a new one.
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.

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 obtaining a collection kit at FlowLabs:

1. After visiting your doctor and obtaining a completed requisition, read and follow the instructions on your FlowLabs requisition.
2. If you would like to pick up a drop off collection kit, please visit [www.flowlabs.ca](http://www.flowlabs.ca) and register. If you have a requisition code on your requisition, enter it when asked. Please indicate that you "already have a collection kit" when asked during registration.
3. Then, go to any FlowLabs location to obtain a drop off collection kit. No appointment is required to **pick up** a collection kit.
4. Upon leaving the facility, 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 in to the patient login at [www.flowlabs.ca/login](http://www.flowlabs.ca/login) using the credentials emailed to you during your registration with FlowLabs.
5. Collect the sample on the day of your appointment and drop off at the location of your choice. Be mindful of keeping the sample close to your body so that it's at body temperature (ie, tuck inside shirt, waistband, underarm)

### Patients wanting to drop off sample at another FlowLabs location:

1. After visiting your doctor and obtaining a completed requisition, read and follow the instructions on your FlowLabs requisition.
2. Register and/or order a collection kit online by using our website: [www.flowlabs.ca](http://www.flowlabs.ca). If you have a requisition code, make sure you enter it when asked.
3. Upon receiving the collection kit, follow all instructions carefully and arrange to drop off the collected sample by booking an appointment. You can book an appointment by signing in to the patient login at [www.flowlabs.ca/login](http://www.flowlabs.ca/login), with the credentials emailed to you during your registration.
4. Collect the sample on the day of your appointment and drop off at the location of your choice. Be mindful of keeping the sample close to your body so that it's at body temperature (ie, tuck inside shirt, waistband, underarm).