

SEMEN ANALYSIS SAMPLE COLLECTION INTRUCTIONS

Important:

- You must abstain from any form of ejaculation for 2-5 days before you collect your sample on the day of your appointment.
- Condoms must 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 at your appointment time. Call our administration office at 416-581-0000 for further information.
- Interrupted intercourse must 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 and lotion must 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 and kept at body temperature from time of collection until drop off. If extenuating circumstances prolong your delivery time, please drop the sample off as close to the hour as possible. If samples are not kept at body temperature, there may be a reduction in motility because of thermal shock. Prolonged delivery time and temperature changes will impact your test results, and your sample could be rejected**
- On-site collection appointments are available for people living more than one hour away from a FlowLabs location.
- You must present your provincial health card and your original requisition when attending your appointment at FlowLabs. If you are not covered under a provincial health plan, you must present another form of government photo ID (driver's license, ID card, etc)

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 labeled for you.
3. Begin to fill out the collection checklist provided in your kit by filling out your name and the date.
4. 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.
5. Dry your hands and penis thoroughly before collecting the sample.
6. Collect the semen specimen by masturbation only, on the day of your appointment, directly into the collection cup. One complete ejaculation is required. If a portion of the sample is lost during collection, please make a note of this on the checklist 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 and complete the checklist.

8. Place the sample container in the biohazardous bag and place your original requisition and the collection checklist 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 original requisition and collection check list with your sample even if you don't have a biohazard bag.
9. Seal the bag and transport the sample to the lab. Remember to keep the sample at body temperature (tuck inside shirt, waistband, under your arm). Failure to keep the sample at body temperature could result in the sample being rejected and/or a request for recollection.
10. 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.
11. Make sure to directly hand your sample to FlowLabs staff. DO NOT leave sample at the door.

FlowLab 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)