

INSTRUCTIONS FOR PATIENTS SUBMITTING SPERM SAMPLES IN SÖRMLAND

APPOINTMENT

Phone Unilabs customer support: **0771-40 77 40**

Monday – Friday: 07.30 - 16.30.

Notice, inform us if you wish to cancel the appointment.

Submit your sample to Unilabs laboratory at Mälarsjukhuset **within an hour**.

SAMPLE COLLECTION AND TRANSPORTATION OF SPERM SAMPLES

- The sample is collected in a **special sterile plastic tube provided by your doctor**.
- Submit the sample **within 1 hour** to Unilabs laboratory.
- To optimize results the sample must be taken after 3-7 days since the last ejaculation.
- Collection of the sample:
 - Urinate before collecting the sample. Empty the entire bladder.
 - Wash penis with withdrawn foreskin with lukewarm water *do not use soap*.
 - The sample must be taken by masturbation (not by intercourse).
 - It is important to include the entire amount.
 - Condoms must not be used to collect the sample as they contain spermicides.
- **Do not expose the sample to cold**. This is extra important during the cold season. Store the sample in an inner pocket during transport to Unilabs. The temperature should not be less than 20 °C degrees.
- Vasectomy examination should be done not earlier than 3 months after surgery.

SUBMISSION OF THE SAMPLE

When submitting the sample to Unilabs, **you must bring a completed medical referral and valid identification**.

- Fill in the information about the sample on the referral you have received from your doctor. Submit the time for the ejaculation and the date of the previous one.
- Attach a label with your name and social security number to the special sterile plastic tube.

Go to the sample reception (Provinlämning) Unilabs Laboratory at the entrance level, Mälarsjukhuset Eskilstuna.

From the main entrance - follow the signs to Elevator G, Provinlämning Unilabs.

From entrance 6 - follow the corridor past the Blood Center, to Provinlämning Unilabs.

If you are unable to submit the sample from home **within one hour**, you can take the sample:

- at your doctor's clinic
- on WC at Mälarsjukhuset. Go to entrance 6, meeting point T (code for WC is provided from Unilabs Customer support)

