

INSTRUCTIONS FOR PATIENTS SUBMITTING SPERM SAMPLES IN SÖRMLAND

APPOINTMENT

Book an appointment via **1177.se**:

- Scan the QR code with your mobile camera.
- Go to <https://unilabs.se/privatperson/laboratorie-medicin/provtagning> and scroll down to the appropriate link.
- Go to 1177.se, *Hitta vård*. Enter *Provtagning Unilabs Eskilstuna* in the search bar **VILKEN MOTTAGNING SÖKER DU?**



If you need help with booking an appointment, contact Unilab's customer service:

Monday-Friday 07.30-16.30 Telephone **0771-40 77 40**

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 - Wash penis with withdrawn foreskin with lukewarm water **do not use soap**.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 at the time of booking).

