INSTRUCTIONS FOR PATIENTS SUBMITTING SPERM SAMPLES IN SÖRMLAND

APPOINTMENT

Three ways to book an appointment via **1177.se**:
• Scan the QR code with your mobile camera. Select **boka tid**
• Go to *https://unilabs.se/privatperson/laboratorie-medicin/provtagning* scroll down and select the appropriate link.
• Go to 1177.se, select **Hitta vård** in the homepage. 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 7:30-16:30 Telephone **0771-40 77 40**

SAMPLE COLLECTION AND TRANSPORTATION OF SPERM SAMPLES

Important: Collected sample must be turned in to Unilabs laboratory at Mälarsjukhuset **within 30 minutes.**

- The sample is collected in a **special container** provided by your medical doctor, or you can pick it up at the designated toilet, see map below.
- To optimize results, the sample must be taken 3-7 days after 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  - Wash penis with withdrawn foreskin with lukewarm water *do not use soap*.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 lower than 20°C degrees.
- Vasectomy examination should not be done earlier than 3 months after surgery.

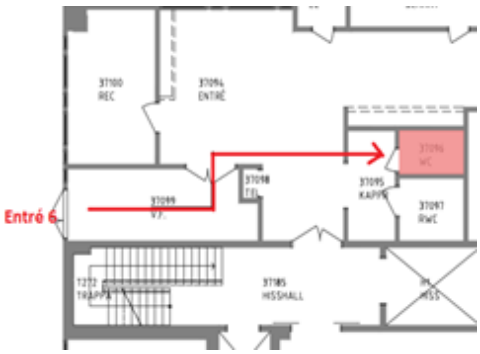
SUBMISSION OF THE SAMPLE

Upon submission of the sample to Unilabs**,** bring your **filled in medical referral** and **valid identification.**

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

Go to the sample reception area (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 30 minutes, you can take the sample:

- At your doctor's clinic
- At the designated toilet at Mälarsjukhuset. Go to entrance 6, meeting point T (**code for toilet 2578**).