

## INSTRUCTIONS FOR PATIENTS SUBMITTING SPERM SAMPLES IN SÖRMLAND

### APPOINTMENT

Appointments are booked via **Qmatic**:

- Scan the QR code with your mobile camera.
- Alternatively, go to <https://unilabs.se> On the homepage, go to the orange box “Laboratoriemedicin och patologi”, then click “Boka provtagning (remiss krävs)”.
- Select the type of examination: vasectomy or fertility investigation



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 clinic, 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  - Wash penis with withdrawn foreskin with lukewarm water *do not use soap*.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 the designated toilet at Mälarsjukhuset. Go to entrance 6, meeting point T (**code for toilet 2578**).

