

INSTRUCTIONS FOR PATIENTS SUBMITTING SEMEN SAMPLES

APPOINTMENT

Schedule an appointment via 1177.se



- Scan the QR code with your mobile camera.
- Visit <https://unilabs.se/privatperson/laboratorie-medicin/provtagning> and scroll down to Tidsbokning spermaprov Skövde.
- Visit 1177.se, go to Hitta vård and enter *Provtagning Unilabs Skövde* in the search field "VILKEN MOTTAGNING SÖKER DU?"
- At "BOKNINGEN AVSER" choose the nature of your appointment. Either "Infertilitetsutredning" - you are trying to conceive or "Kontroll efter vasktomi" - a checkup after your vasectomy procedure.

If you need help scheduling an appointment, contact Unilabs customer service:

Monday-Friday kl. 07.30-16.30 Telephone 0771-40 77 40.

SAMPLE COLLECTION AND TRANSPORTATION OF SEMEN SAMPLES

- The sample is collected in a special sterile plastic tube provided by your doctor.
- Submit the sample within 1 hour to Unilabs laboratory, see below.
- To optimize results, the sample must be taken 3-7 days after the last ejaculation.
- Vasectomy checkups should be done no earlier than 3 months after the procedure.

Collection of the sample

- Urinate before collecting the sample. Empty the entire bladder.
- Wash your penis with lukewarm water, do not use soap.
- The sample must be taken by masturbation (not by intercourse).
- It essential to ensure an adequate collection of the entire ejaculate.
- Lubricants or condoms should not be used while collecting the sample.
- **Do not expose the sample to cold.** This is extra important during the cold season.

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 personal identification number, to the special sterile plastic tube.

Go to the sample reception (Provinlämning) at level 3, Skaraborgs Sjukhus Skövde. From the entrance hall – follow the Red street towards the Red elevators and step off at level 3, follow the signs pointing to "Provinlämning". The reception is to the left in the Red corridor.

Patient fees can be paid at the "centralreception" or by invoice.