

## INSTRUCTIONS FOR PATIENTS SUBMITTING SEMEN SAMPLES

### APPOINTMENT

To make an appointment, please contact Unilabs administrative office.

**Monday-Friday kl. 08.00-16.00 Telephone 0500-43 21 53.**

### 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 is 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.