Instructions for Patients submitting semen samples in Skövde

To make an appointment:

- Scan the QR code using your mobile phone camera.
- Or visit: https://wb-unilabs.se.qmatic.cloud/qmaticwebbooking/#/
- Select **Skövde** from the drop-down list and then choose the reason for submitting your sample.

Fertility Investigation-If you are undergoing a fertility assessment (trying to conceive).
Vasectomy- 3 months after a vasectomy procedure.

COLLECTION AND TRANSPORT OF THE SEMEN SAMPLE

- Collect the sample in the sterile plastic container 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.

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 cannot be used while collecting the sample.
- **Do NOT expose the sample to cold temperatures.** This is especially important during the colder months. During transport to the laboratory you may for example keep the sample in an inside pocket close to your body. The temperature should not fall below 20°C (68°F).

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 sterile plastic container.

The sample must be delivered to the laboratory as soon as possible, preferably within 1 hour. If you arrive too early or too late for your scheduled appointment, we will not be able to accept the sample.

Location:

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

An invoice for the visit will be sent to your home address after the appointment.