Semen collection: post-vasectomy

Semen is a fluid secreted by the male reproductive organs including sperm from the testicle. Your sample will be analyzed to determine the presence (including motility, meaning “movement”) or absence of sperm.

Making an appointment

Whether you are dropping off a semen sample or collecting it in one of the HealthPartners clinics listed below, please schedule a Lab Only Visit by:

* Calling a clinic appointment phone number below, or
* Scheduling your Lab Only Visit for one of these clinics yourself at **healthpartners.com**

The lab accepts specimens Monday—Friday between the hours of 9 a.m. and 4 p.m. A current order must be provided by the referring clinician.

Note: If the sample is collected off-site, it must bedelivered to the lab within 90 minutes of collection.

There are 4 HealthPartners laboratories available for sample drop-off or collection

HealthPartners Apple Valley Clinic Laboratory

Appointment Line: 952-967-7250

15290 Pennock Lane

Apple Valley, MN 55124-7163

HealthPartners Coon Rapids Clinic Laboratory

Appointment Line: 962-967-6990

11475 Robinson Drive

Coon Rapids, MN 55433-7432

HealthPartners St. Paul Clinic Laboratory

Appointment Line: 952-967-5584

205 South Wabasha Street

St. Paul, MN 55107

HealthPartners White Bear Lake Clinic Laboratory

Appointment Line: 952-967-6614

1430 Highway 96

White Bear Lake, MN 55110-7693

Please see the other side for semen collection and transportation instructions.

To ensure the accuracy of this test, please follow these collection and transportation instructions carefully:

1. Collect your specimen no sooner than 12 weeks after your vasectomy.
2. Before collection, do not participate in any sexual activity for at least 48 hours to allow for the most sperm production.
3. Obtain a sterile collection container from your provider or the clinic laboratory. If the sample is collected in any other container, it will be rejected.
4. To collect the sample, masturbate up to the point of ejaculation. As you ejaculate, collect the entire specimen of semen in the sterile container. If any of the ejaculate is lost, the sample should be discarded and another sample collected in two days.
5. Do not collect the specimen in a condom.
6. Do not let the specimen come in contact with a spermicide or lubricant, including saliva.
7. Label the container with your full name and birth date. Unlabeled containers will be rejected.
8. Write the exact time the specimen was collected on the container.
9. **The collection must be kept at room temperature (68o-77oF) and delivered to the lab within 90 minutes of collection.**
10. Results are available online or you will be notified by your doctor.

Post-vasectomy check with motility

Please complete this information, tear off, and bring to the laboratory with your specimen.

Name Birthdate

Medical record #

Date Time of collection

Days of abstinence from sexual activity: 1 2 3 4 5 >5 *(please circle one)*

Have you traveled outside of the United States in the past 21 days?

If sample was collected off site: Time of collection \_\_\_\_\_\_\_\_\_ Time received at clinic \_\_\_\_\_

I have followed the collection and transportation (if collected off-site) instructions.

Signature: