

# INSTRUCTIONS FOR THE COLLECTION OF A SEMEN SPECIMEN

To set up an appointment, please call our Client Solutions Department (phone number below) or go to <https://www.mainehealth.org/NorDx/Patient-Service-Centers/Online-Scheduling>

**Fertility Testing** **Monday through Thursday 8:00am through 3:00pm, APPOINTMENT ONLY** – Report to the NorDx Patient Service Center in Scarborough located at 100 Campus Drive within the West entrance. A private room is reserved when appointment is made. **All fertility testing specimens need to be collected on site at this Patient Service Center in a pre-weighed container\* that will be provided.**

**Post-Vasectomy** **Monday through Thursday ONLY** – Post-Vasectomy samples must be collected in the sterile cup provided by your doctor or the laboratory. Do not allow the sample to be cooled below 68°F or warmed above 90°F. Keep specimen as close to body temperature as possible. Any Post-Vasectomy sample not collected at NorDx, must be delivered to the laboratory or Patient Service Center location, soon after collection, and prior to the site closing. Post-Vasectomy specimens will be processed up to 36 hours after collection but may only be tested for the presence or absence of sperm. **Drop off Post-Vasectomy specimens not received in the testing department within two hours after collection will not meet AUA testing guidelines.**

## **Read All Instructions Before Collecting the Specimen**

**How to Collect** Specimen containers are provided by NorDx.\* Obtain the semen sample by masturbation. Do not use lubricants or condoms. The specimen and the container must be free of any other substances; including water, body fluids, or chemicals. Collect the complete ejaculate directly into the container provided.\*\* After collecting the sample, make sure the screw top lid is tightly closed to prevent leaking. Label container with your full legal last name, first name, date of birth and the date and time that it was collected.

\* Pre-weighed containers are provided as needed for specimen volume report (NOT needed for Post Vasectomy).

\*\* Interrupted intercourse, or using methods other than as instructed above, may prevent collection of complete sample or add substances that affect testing. The test results will not be correct and the doctor may request a new specimen.

## **Please Answer the Questions Below:**

1. Was this specimen collected following all the instructions above?

**Yes or No (circle one) If No, please provide explanation.**

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2. Were you able to collect the entire sample in the cup?

**Yes or No (circle one)**

3. How many days has it been since you last ejaculated? For example: had sex or masturbated? Between 2 and 7 days should elapse between the day of the collection and the previous ejaculation.

**2 3 4 5 6 7 (circle the number of days or provide explanation)** \_\_\_\_\_

4. Is this a post vasectomy collection?

**Yes or No (circle one)**

5. Was the specimen collected at NorDx?

(\_\_\_\_\_)

**Yes or No (circle one)**

Date/Time Collected

**Patient Signature** (\_\_\_\_\_) **Patient Name Printed** (\_\_\_\_\_)

Please call NorDx at 207-396-7830 or 1-800-773-5814 with any questions.

**Please note: only physicians can release the results of the analysis to patients.**