INSTRUCTIONS FOR THE COLLECTION OF A SEMEN SPECIMEN

Fertility Testing

Report to the NorDx Patient Service Center in Scarborough located at 100 Campus Drive within the West entrance, **Monday through Thursday 8:00am through 3:00pm ONLY**. A private collection room will be provided. All fertility testing specimens need to be collected on-site.

Post-Vasectomy

**Post-vasectomy samples do NOT need to be collected at a NorDx Patient Service Center.** Any Post Vasectomy specimens that are not collected at NorDx must be delivered to the laboratory, **Monday through Thursday 8:00am -3:00pm**, soon after collection. Post Vasectomy specimens will be accepted up to 48 hours after collection, but can only be tested for the presence or absence of sperm. The specimen must be collected in a sterile cup that was provided by your doctor. Do not allow the sample to be cooled below 68 degrees F or be warmed above 90 degrees F. The specimen should be kept as close to body temperature as possible.

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. **

How to Collect

Specimen containers are provided by NorDx*. After collecting specimen **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.

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.  
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