



POST VASECTOMY SPERM COUNT

1. The semen sample should be collected by masturbation, directly into the sterile plastic cup provided by the Dr.'s office.
 - It is important that **ALL** of the ejaculate is collected into the container
 - **Do Not** collect the sample in a condom
 - Avoid contamination of the semen with lubricants
2. After collection, the sample should be kept as close to body temperature as possible.
3. The sample **must** be delivered to the lab within 30 minutes of collection.
4. Write your name and the collection time on the container.
5. Remember to take your lab slip with the specimen.