

Before the test:

- Obtain a sterile container from your doctor or 4Cyte Pathology Collection Centre.

Pre-Collection Preparation:

- Abstain from ejaculation (intercourse / masturbation) for 2 to 7 days.

If Post Vasectomy testing:

- The semen specimen should not be collected until 12 weeks after your operation, and after at least 20 ejaculations.

Collecting the specimen:

- Write the following details on the collection container – your given name and surname – date of birth – the time and date of sample collection.
- The specimen is obtained by masturbation into the sterile container provided.
- Do not use other containers, lubricants or a condom, as they may contain chemicals which can affect the test result.
- Collect the complete ejaculate – if the sample is incomplete write a note on the container and questionnaire below.

Urgent Delivery of your specimen:

- Keep the specimen at body temperature. e.g. keep it close to your body, put it inside your inner jacket or shirt pocket.
- Deliver a) your sample, and b) your pathology request form, and c) this completed form, within one hour of your specimen collection to the laboratory at:
 - 3/796 High St., Kew VIC. (Mon-Fri: 8am - 5pm) (Sat:1-5pm)
 - 1 Lucknow Rd, North Ryde NSW. (Mon-Sat: 8am - 5pm)
 - 12/8 Metroplex Av, Murrarie, QLD. (Mon-Fri: 8am - 5pm) (Sat:1-5pm)
- No appointment necessary.

PATIENT TO COMPLETE - this section MUST accompany the specimen.

Patient Surname	Given Name	Date of Birth
		/ /

Post Vasectomy: [] (tick if applicable) Fertility: [] (tick if applicable)

Number of days of abstinence: [] Method of Collection:

Specimen collected (*please tick*) Full Sample [] Partial Sample []

Date of collection / / Time of collection am / pm

Were you able to keep the sample warm (e.g. in your jacket/shirt pocket) Yes [] No []