Semen Collection

Patient Guide

This guide explains how to correctly collect and deliver a semen sample for laboratory testing. Following these instructions carefully is essential to ensure accurate test results.

Before the test — What you need

- Obtain a sterile collection container from your doctor or a 4Cyte Pathology Collection Centre
- Ensure you understand the required period of abstinence before collection.

Pre-collection preparation

- Abstain from ejaculation (intercourse or masturbation) for 2 to 7 days before collection

Post-vasectomy testing (if applicable)

- Do not collect a semen specimen until at least 12 weeks after your vasectomy
- You must have had at least 20 ejaculations before submitting a post-vasectomy sample

Collecting the specimen

- Semen samples may be collected at home or on-site at the laboratory
- Write your given name, surname, date of birth, and the date and time of collection on the container
- Collect the specimen by masturbation directly into the sterile container provided
- Do not use condoms, lubricants, or other containers as these may affect test results
- Ensure the complete ejaculate is collected
- If the sample is incomplete, note this on the container and the questionnaire
- **Tightly screw** on the lid onto the sterile container

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Urgent delivery of the specimen

- To remain suitable for testing, the specimen must reach the laboratory **within 1 hour of collection**
- Keep the sample at body temperature during transport (e.g. inside a shirt or jacket pocket)
- Submit to the Laboratory:

  A) Your Specimen
  B) Your pathology request form which your doctor gave you
  C) The **completed** patient Semen collection questionnaire

Laboratory delivery locations

- No appointment is required
- 3/796 High Street, Kew **VIC** (Mon–Fri: 8am–5pm; Sat: 1–5pm)
- 1 Lucknow Road, North Ryde **NSW** (Mon–Sat: 8am–5pm)
- 39 Navigator Place, Hendra **QLD** (Mon–Fri: 8am–5pm; Sat: 1–5pm)

If something goes wrong

If you are unable to deliver the specimen within the required time, or if the container is damaged or leaking, contact the laboratory as soon as possible for advice.

When to seek assistance

If you have difficulty producing the sample, questions about the procedure, or concerns about transport, please contact your referring doctor or the collection centre before collecting.

After the test

- Ensure the specimen and all paperwork are handed directly to laboratory staff
- Results will be sent to your referring doctor, who will discuss them with you

The Patient Semen Collection Questionnaire

(to be completed)

PATIENT TO COMPLETE - this section MUST accompany the specimen.

Patient Details			
Full Name:		**Date of Birth:**	
Clinical Background (Please only choose one)			
Is this a post-vasectomy test? ☐ *Yes*		**Is this test for fertility assessment?** ☐ *Yes*	
Sample Collection and Transport			
Number of days since last ejaculation (Intercourse or Masturbation)	_____ *Day (s)*	**Method of sample collection?**	☐ *Masturbation*
Was the full sample collected?	☐ *Yes (full sample)* ☐ *No (Partial sample)*	**Were you able to keep the sample close to body temperature during transport? (e.g. in a jacket/ shirt pocket)**	☐ *Yes* ☐ *No*

Date of collection: (DD/MM/YYYY) _____	***Time of collection:*** _____ ☐ *am* ☐ *pm*

Note: This information helps the laboratory process your sample accurately. If you're unsure about any item, please ask our staff.