




## **Instructions for Semen Analysis Appointment**

### **Semen Analysis**

-  By appointment only, even if you are producing the sample at home.  
Please call 514-843-1650 to take an appointment, Monday to Friday, 8:00 am - 4:00 pm.
- No requisition is needed
- Please be punctual.

### **Please read the following instructions carefully:**

- 2-3 days of sexual abstinence (and no more than 5 days) is recommended before the test.
- It is advised that the sperm sample is produced by masturbation. A private room at the MUHC Reproductive Centre is available for this purpose and a sterile and labelled container will be provided.
- Should you prefer to produce the sample at home, it should be delivered directly to the Laboratory reception, within 90 minutes of the time of collection. Specimen should be kept at room temperature during travel to the lab.
- Before producing a sample, it is important to wash and thoroughly rinse the penis and groin area from all soap residues. Hands should be washed and rinsed before masturbation.
- At the time of the appointment, you will be asked to provide your RAMQ Medicare card as well as the hospital card. A valid photo ID is required to confirm your identification.
- The test is occasionally repeated 2 or 3 times to validate results.

**The Reproductive Centre will not provide results over the telephone. Your results will be sent to your physician.**