



PROCEDURE:	SPERM ANALYSIS
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Medical supplies

- Sterile container (the use of any other container may render the sperm immobile and is therefore unacceptable for testing);
- Opaque bag to return the sample in confidentiality (available at CDL's head office only);
- Sperm Analysis requisition CF300 007;
- Biohazard bag;
- Stability :
 - 1 hour at body temperature (37 °C)

Preparation

- 1) Follow a 2 to 3 day (48 to 72 hours) period of sexual abstinence before the collection of the specimen, unless otherwise specified by your physician;
- 2) Do not avoid sexual activity for more than 1 to 2 weeks before this test, because a long period of sexual inactivity can result in less active sperm;
- 3) Avoid drinking alcohol 24 hours prior to taking the test.
- 4) Since semen samples may vary from day to day, 2 or 3 different samples may be examined within a 3 month period upon physician's request;
- 5) Never use a condom for collecting semen. Condoms contain spermicide used to immobilize sperm, making any motility evaluation impossible.
- 6) Avoid using lubricants in the collection of the specimen because it can affect test results.
- 7) It is recommended to collect the specimen in the morning. If it is not possible, please consult with your doctor.
- 8) The specimen collection should be done at CDL's head office (5990 Côte-des-Neiges). If it is not possible, the sample must be brought at CDL within 1 hour of collection and must remain at body temperature during transportation.

Collection

- 1) Open the sterile container and proceed with the sexual activity of your choice (masturbation or coitus withdrawal);
- 2) Collect the entire specimen directly into the container. If a portion of the specimen is lost, the rest should be discarded and collection should be attempted at a later date;
- 3) Close the container tightly;
- 4) Identify the container:
 - First and last name;
 - Date of birth and/or Medicare number;
 - Date and time of collection.
- 5) Immediately bring the specimen, along with your requisition, to the laboratory;
- 6) In addition, the first and last name of your partner must be written on the requisition.