



## Patient Instructions: Testing Semen for Full Semen Analysis

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### How to Collect a Semen Sample for Full Semen Analysis

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**For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unneeded tests.**

#### **Before sample collection:**

- Book appointment by calling the Diagnostic Semen Laboratory (DSL) at 403-284-9410 between 7:30 a.m. and 3:30 p.m. Monday to Friday:

Diagnostic Semen Laboratory  
Suite #301  
2000 Veteran's Place NW  
Calgary, Alberta  
T3B 4N2

- Do not ejaculate (either through sexual intercourse or masturbating) for at least 3 days before the test to ensure a suitable sample is obtained.

#### **Your sample:**

- **Sample must be collected at the Diagnostic Semen Laboratory.**
- In special cases, you may collect your sample and bring it directly to the Diagnostic Semen Laboratory. This requires approval from the DSL before sample collection (phone 403-284-9410). DSL will give you instructions for collection and transportation.
- **Do not bring sample to Calgary Lab Services.**

#### **Your appointment:**

- Bring your Alberta Health Care card to your appointment. If you do not have an Alberta Health Care card, bring another form of identification with you.
- At your appointment you will be asked for the:
  - Number of days since you last had sexual intercourse or masturbated
  - Time the sample was produced, if collected outside the laboratory.

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**Questions? Call the Laboratory Information Centre at 403-770-3600**