

## SEMEN ANALYSIS: PATIENT INFORMATION

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Appointments for semen specimen drop-offs or on-site collections are required.

### To schedule an appointment:

**Online:** Visit [www.novavitalab.ca](http://www.novavitalab.ca).

Please fill in the information while booking, including PHN (personal health number) and doctor's name. Patients without a PHN or care card, please state clearly in the comments box. A fee will be collected for the analysis upon arrival for patients without a valid PHN.

**By phone:** Please call Novavita Laboratory at 604-336-2090.

**Please note:** An electronic requisition for Olive Fertility Centre patients has already been sent to the lab. For other patients, please bring your requisition along with the specimen. Results for semen analysis take approximately 5-7 business days. Ensure that your semen analysis appointment allows adequate time for results to be received for your consultation.

Appointment Date & Time: \_\_\_\_\_

## SEMEN ANALYSIS: INSTRUCTIONS

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1. Please abstain from sexual activity for 2-3 days prior to the semen analysis. If your last ejaculate occurred less than 48 hours or more than 5 days from the time of the semen analysis, the results may be affected.

2. By masturbation, ejaculate the entire specimen into the container provided by the lab. Do not use any other container, a condom or lubricant of any kind.

3. If you are collecting the specimen at home, keep the container close to your body (inside your jacket) to ensure it is at body temperature and bring the container within 30 minutes of collection to Novavita lab at the appointment time arranged. The specimen must be delivered to the lab **within 30 minutes** of collection.

4. Print your name and time of collection on the container for drop-off specimens.

## Why are the instructions important?

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- Sterile sample containers other than the ones provided by a medical laboratory may be toxic to sperm.
- If the sample is too cold, the sperm motility may decrease, and the results of the test may be compromised. If the sample is too hot, it may cause sperm death.
- The quality of the sample can decrease rapidly within a short time which is why we request the sample be delivered as soon as possible for accurate results.
- Condoms have additives to kill sperm and therefore are not accepted. Lubricants will alter the sample quality and results will not be accurate.
- If the abstinence period is too short, there will be a high number of immature sperm. If the abstinence period is too long, there will be a high number of dead sperm. This is why we ask you to ejaculate 2 – 5 days before your test and not to ejaculate within 2 days of your test.

Accuracy of the test results  
is dependent upon the  
quality of the specimen  
collected.

NOVA  
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