



Patient Instructions for Semen Analysis and Post Vasectomy Collection

The collection procedure is critical for sperm testing. Please follow the directions carefully to ensure accurate test results.

Make an Appointment

- Call your local lab at least 1 day before collecting your sample (see reverse side for lab contact information). MyChart **cannot** be used to schedule this appointment.
- Walk-ins are not accepted—your sample may be rejected without an appointment.
- Avoid ejaculation for 2–7 days before collection.
- Use a sterile container from the lab or your provider.
- The sample will need to be delivered to the lab within 30 minutes of collection. If that's not possible, let the lab know when scheduling your appointment.

Collecting the Sample

- Wash hands and penis with soap and water; rinse off all soap.
- Do not use lotions, lubricants, or creams unless provided by the lab.
- Masturbation (manipulation by hand) is preferred for sample collection.
- Collect directly into the sterile container without touching the inside. Collect the entire specimen in the container. Spilled specimen should not be transferred into the container.
- If using intercourse, request a hygiene sheath from the lab. Regular condoms or pull-out methods are not allowed.
- Seal the container tightly and keep it upright.
- Keep the sample at body temperature—carry it in an inside pocket.

After Collection

- Fill out the patient information below.
- Bring a photo ID when dropping off the sample.
 - If your partner delivers it, they must bring their ID.
- Register at the lab.
- Verify that the specimen has your full name and date of birth on the container.

Name: _____ DOB: _____

Collection Method: ☐ Masturbation ☐ Other, explain: _____

Ordering provider: _____

Date collected: _____ Time collected: _____ ☐ AM ☐ PM

Days of abstinence (number of days without ejaculation): _____

Was any portion lost or spilled during collection: ☐ Yes ☐ No

If so, approximately how much? _____ Portion lost: ☐ First ☐ Last ☐ Unknown

Have you had a temperature greater than or equal to 101°F in the last 90 days? ☐ Yes ☐ No

Place an "x" in the My Lab column for the correct contact information of the scheduling and testing lab.

My Lab	Lab	Address	Phone Number
	Sanford Medical Center Lab - Aberdeen	2905 3rd Ave SE	(605) 626-4200
	Sanford Laboratory Bemidji Main Clinic	1233 34th Street NW	(218) 333-5000
	Sanford Laboratory Bismarck	222 North 7th Street	(701) 323-5480
	Sanford Laboratory - Brookings	922 22nd Ave S	(605) 697-1900
	Sanford Medical Center Lab - Canby	112 St. Olaf Ave S	(507) 223-7277
	Sanford Detroit Lakes Clinic Lab	1245 Washington Ave	(218) 846-2109
	Sanford Dickinson West Lab	2615 Fairway Street	(701) 456-4082
	Sanford East Grand Forks Clinic	929 Central Ave NW	(218) 773-6800
	Sanford Grand Forks Clinic	1750 47th Ave S	(701) 757-8700
	Sanford Laboratory - Harrisburg	111 N. Cliff Ave	(605) 677-3750
	Sanford Medical Center Lab - Jackson	1430 N Highway	(507) 847-2420
	Sanford Jamestown Clinic	904 5th Ave NE	(701) 253-4014
	Sanford Clinic Lab - Lakefield	209 Main St	(506) 662-6611
	Sanford Medical Center Lab - Luverne	1600 N Kniss Ave	(507) 283-4476
	Sanford Minot NW Lab	1500 21st Ave NW	(701) 418-4310
	Sanford Laboratory - Mountain Lake	308 8th St N	(507) 427-3332
	Sanford Oakes Clinic Lab	420 S 7th St	(701) 742-4115
	Sanford Laboratory - Pierre	521 E Sioux Ave	(605) 945-5560
	Sanford Clinic Lab - Rock Rapids	104 Buncome Dr	(712) 472-3333
	Sanford Medical Center Lab - Sheldon	118 N 7th Ave	(712) 324-6351
	Sanford Laboratory - 32nd and Ellis	2601 S. Ellis Rd	(605) 312-3000
	Sanford Laboratory - 69th and Minnesota	6110 S Minnesota Ave	(605) 328-5800
	Sanford Laboratory - 49th and Oxbow	3401 W 49th St	(605) 328-1850
	Sanford Laboratory - 4th and Sycamore	600 N Sycamore Ave	(605) 328-2999
	Sanford Laboratory - 26th and Sycamore	4405 E 25th St	(605) 328-9000
	Sanford Thief River Falls Medical Center Laboratory	3001 Sanford Parkway	(218) 683-4742
	Sanford Vermillion Medical Center Lab	20 S Plum St	(605) 677-3500
	Sanford Laboratory - Watertown	901 4th St NW	(605) 886-1565
	Sanford Wheaton Medical Center	401 12st N	(320) 563-8226
	Sanford Medical Center Lab - Worthington	1018 6th Ave.	(507) 372-3159
	Sanford Clinic Lab - Worthington	1680 Diagonal Rd	(507) 371-3800