

## Semen sample for fertilization

These instructions are for the patients who are undergoing infertility treatments at the Turku University Hospital department of obstetrics and gynaecology.

**The Fertility Laboratory** is located next to the **Gynecology Outpatient Clinic (Naistentautien vastaanotot K)**. A elevators, 6th floor.

**Address:** Turku university hospital, Majakka hospital, Savitehtaankatu 5, 20520 Turku.

The sperm used in the infertility treatments should be taken on a predetermined date and preferably at the **private sample room at the the Fertility Laboratory**. If this is not possible, the sample can be collected at home.

## Taking the sample

**We recommend that that 1 to 3 days have passed since the last ejaculation.**

- Take the sample by masturbating directly into the container you have received for this purpose
- Do not use a condom, as it is harmful for the sperm.
- Try to collect all of the ejaculate.

**Transport the sample within an hour to the fertility laboratory:**

- On the day of the insemination between 7.30 – 8 am.
- On the day of the IVF/ICSI (on the day of the OPU procedure) at a separately scheduled time.

**Protect the sample** carefully from cold and hot temperatures during transportation. Transport the sample in a breast pocket. The sample can be stored in room temperature (20 degrees Celsius).

The semen sample **must be delivered personally** to the Fertility laboratory, where your **identity is verified** (bring a photo ID with you).