

Instructions for producing a semen sample

Write your name, personal identity code and the date and time of collection clearly on the pot.

The preferred way of producing a sample is for you to masturbate into the special pot you have been provided with by our laboratory.

- The best results are achieved when two to seven days have passed since your last ejaculation at the time of producing the sample.
- Do not use a condom, as it contains substances that can kill the sperm.
- Ejaculate as fully as possible directly into the pot.
- It is important that all the sperm is collected, as an incomplete sample may affect sperm detection.

Protect the sample from frost and heat; normal room temperature is fine.

Deliver the sample to the laboratory within an hour.

Please deliver your sample to your nearest Vaasa Central Hospital laboratory:

- Vaasa Central Hospital and Tammikaivo Health Centre
- Laihia Health Centre
- Malax Health Centre
- Kristinestad Health Centre
- Malmska Laboratory

Samples are accepted from Monday to Thursday 8.00–12.00

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.