

# Semen Analysis and Post Vasectomy Samples



Kootenai Health  
2003 Kootenai Health Way  
Coeur d'Alene, ID 83814  
Phone: 208-625-5858  
**Fax orders to: 208-625-5822**

Drop off **only** at Kootenai Health Hospital Laboratory  
Enter through North Entrance  
**Open Monday through Saturday**  
(Closed Sundays and holidays)  
**6:00am – 8:00pm**

## What to Do to Collect a Semen Sample:

1. Do not have sex or masturbate for two to seven days before you collect a semen sample.
2. Call the Lab at **208-625-5858** to set up a time to drop the semen sample off.
3. The sample must arrive to the Lab within **30 minutes** of collection to make sure the test is accurate. A private bathroom is available in the Lab if you would like to collect it there.
4. You must collect the semen by masturbating. Do not collect the sample by pulling out during sex. Stay away from using any lubricant or condoms.
5. Collect all the semen in the clean, screw-cap container given to you by your doctor or the lab.
6. Write your first and last name, date of birth, and date and time of collection on the container.
7. Make sure the sample does not get cold. The semen sample needs to stay warm to survive. Keep it between 70° and 100°F. An easy way to do this is to carry the sample container close to your skin. Inside a shirt or pocket, or in your arm pit works well for this.
8. Fill out the section below and give it to the lab receptionist along with your sample.

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## Semen Sample Collection Form

**Patient Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Collection Date:** \_\_\_\_\_ **Time sample was produced:** \_\_\_\_\_ **Days of Abstinence:** \_\_\_\_\_

**What is this sample for?** ☐ Fertility testing ☐ Post Vasectomy Check ☐ Vasectomy Reversal

**Was it collected by masturbating?** ☐ Yes ☐ No

**Were any lubricants or gels used?** ☐ Yes ☐ No

**Was it kept warm during transport?** ☐ Yes ☐ No

**Was the entire ejaculate collected?**

☐ Yes ☐ No

If no, which part was missed?  
(Circle one) First or Last

Any other concerns or comments:

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Be as truthful as you can when you answer these questions. We need to know to make sure the test results are accurate. Thank you for your help.