

How to Collect a Semen Sample for Your Post-vasectomy Analysis

Collecting a Semen Sample

Read all of these instructions before collecting a semen sample. It is important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

Before You Collect Your Sample

- Pick up a clean container at your Allina Health clinic lab before collecting your sample.
- It is best if you do not have sexual activity for 2 to 7 days before collecting your semen sample.
 - It should be more than 2 days from your last ejaculation but not more than 7 to 10 days.
- **The sample must be brought to the lab within 1 hour of collection for your test results to be correct.**

How to Collect Your Sample

- Clean the head of your penis with wet, soapy towelettes or cotton balls.
- If you are not circumcised, pull back your foreskin and cleanse.
- Rinse the cleansed area with a new towelette or cotton ball that is barely wet with plain water.
- Dry your penis with a clean, dry towel before you collect the sample.

- Remove the lid from the collection container. Make sure the container is clean and dry.
- Collect a sample by masturbation:
 - Do not use lubricants or condoms while collecting the sample. They can kill the sperm and affect your test results.
 - Ejaculate into the container.
- If a pubic hair or thread from your clothing falls into the container, do not take it out. The lab will take it out using a clean tool.
- Put the lid back on the container. Make sure it is closed tightly.

After Collecting Your Sample

- **Important: Write the following information on the container with a pen or marker that will not run if the ink gets wet:**
 - full name and date of birth
 - date and time of collection
- Wrap the container in a dry towel and place it in a paper sack. Keep it at room temperature.

Returning Your Sample

- **Bring the container to the lab within 1 hour of collecting the sample.**
- If some of the sample was lost while you were collecting it, please tell the lab staff.

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When You Will Get the Results of Your Lab Test

Your results will be available in your Allina account with comments from your health care provider in 1 to 3 days.

Where to Return Your Sample

Return your sample at one of the following Allina Health locations. Drop off times are Monday through Friday, 8 a.m. to 2 p.m. Confirm the hours available to drop of your sample at the location most convenient to you.

Abbott Northwestern Hospital

800 E. 28th St.
Minneapolis, MN 55407
Phone: 612-863-4467 | Fax: 612-863-2057

Abbott Northwestern – WestHealth

2805 Campus Dr., Suite 215
Plymouth, MN 55441
Phone: 763-577-7112 | Fax: 763-577-7164

Buffalo Hospital

Appointment required
303 Catlin St.
Buffalo, MN 55313
Phone: 763-684-7855 | Fax: 763-684-7811

Cambridge Medical Center

Appointment required
701 S Dellwood St.
Cambridge, MN 55008
Phone: 763-688-8700 | Fax: 763-688-7911

Faribault Medical Center

200 State Ave.
Faribault, MN 55021
Phone: 507-334-6451 | Fax: 507-497-3849

Mercy Hospital – Mercy Campus

Appointment preferred
4050 Coon Rapids Blvd.
Coon Rapids, MN 55433
Phone: 763-236-8750 | Fax: 763-236-8150

Mercy Hospital – Unity Campus

550 Osborne Road
Fridley, MN 55432
Phone: 763-236-4800 | Fax: 763-236-4830

New Ulm Medical Center

Appointment required
1324 Fifth St. N.
New Ulm, MN 56073
Phone: 507-217-5366 | Fax: 507-217-5359

Owatonna Hospital

2250 N.W. 26th St.
Owatonna, MN 55060
Phone: 507-977-2070 | Fax: 507-977-2080

River Falls Area Hospital

1629 E. Division St.
River Falls, WI 54022
Phone: 715-307-6340 | Fax: 715-307-6345

St. Francis Regional Medical Center

1455 St. Francis Ave.
Shakopee, MN 55379
Phone: 952-428-3575 | Fax: 952-428-3803

United Hospital

333 Smith Ave. N.
St. Paul, MN 55102
Phone: 651-241-8736 | Fax: 651-241-5213

United Hospital – Hastings Regina Campus

1175 Nininger Road
Hastings, MN 55033
Phone: 651-404-1600 | Fax: 651-404-1601