

## SEMINAL FLUID COLLECTION PATIENT INSTRUCTIONS

**It is important to follow these instructions carefully  
to ensure your test results are accurate.**

### Preparation

- Only be collected and delivered Monday to Friday to the main laboratory collection rooms.
- NOT to be collected and delivered on Saturday, Sunday, or statutory holidays.

### Collection Procedure

1. Do not have intercourse or masturbate for a minimum of two days, but no longer than seven days, before providing the sample. This allows sperm numbers to build up to normal levels.
2. Wash your hands and penis before collecting the sample, to minimise transfer of bacteria from your skin into the sample.
3. Collect the sample by masturbation into the plastic jar provided. Do not use any form of condom or lubrication. **N.B. The whole sample is required for testing, if you spill any, please obtain a fresh container and collect a fresh sample.**
4. Write your full name, date of birth (DOB) and the time that you collected the sample on the label of the container and on this form.
5. It is important to keep the sample warm and deliver to the main laboratory **within one hour of collection**. If this is not convenient, continue to keep the sample warm and deliver it as soon as possible to one of the laboratories.
6. Complete the details below and bring this form with the laboratory request form.

NAME: \_\_\_\_\_

DOCTOR: \_\_\_\_\_

When was the sample collected? Date: \_\_\_\_\_ Time: \_\_\_\_\_

How many days abstinence have you had? \_\_\_\_\_

Was any of the specimen spilled? YES / NO

*Your results can only be obtained from the requesting doctor*

If you have any problems, please contact one of the following:

Waikato  
07 858 0799

Bay of Plenty  
07 578 7073

Whakatane  
07 306 0906

Rotorua  
07 348 2106

Taupo  
07 376 5103  
07 376 1045