



**CONCORD
HOSPITAL**
Laboratory Services

***Instructions for
Semen Post-Vasectomy Sample Collection***

In order to provide the best possible semen analysis, it is important that you follow these instructions very carefully. If you have any questions regarding these instructions, please contact your provider or nurse.

Preparation

1. Please perform 20-30 ejaculations in the weeks prior to collecting your first specimen.
2. Do not use any lubricants, lotions or any substance that may contaminate your specimen.
3. Ejaculate directly into the sterile specimen cup provided.
4. Be sure to label the specimen container with your full name, date of birth and time of collection before bringing it into the Laboratory.
5. Please bring the specimen directly to the Concord Hospital - Concord or Concord Hospital - Laconia Laboratory, Monday through Friday between the hours of 7 am and 2 pm **within 8 hours of collection**.

Things to remember

- You are not deemed sterile until your provider has advised you that you have had two consecutive negative semen analyses, so please continue to use an alternative form of birth control until deemed sterile.

If you have any questions about specimen collection, please contact one of our Laboratory locations listed below for more information:

Concord Hospital Laboratory - Concord (603) 227-7050

Concord Hospital Laboratory - Laconia/Franklin (603) 527-7070