



SEMEN ANALYSIS - SPERMOGRAM

A spermogram or a semen analysis can be requested for two reasons, either for a **fertility test** or a **post-vasectomy** testing. Cytologists doing the analysis and pathologists who review the results want to provide exact, precise and quality results. Those results will be sent to your doctor who will explain them to you.

Respecting the semen analysis procedure is essential.

Many factors are important and will be considered in the quality of the full specimen examination : total volume, viability (mobility), sperm count, morphology, pH and viscosity.

For the best possible results, you need to **provide a quality specimen** by meeting those requirements :

- ✓ You need to **take an appointment** by dialing **450-431-8777**. You will need to specify if its a fertility or a post-vasectomy test. You need to **respect the appointment** given.
- ✓ Before the collect of the specimen, a minimum of 48 hours **abstinence** (not exceeding 7 days) is required.
- ✓ Use a **screw cap sample cup** (like a urine culture cup). Any non-compliant container will automatically be rejected (you would then have to start all the procedure over, including acquiring a new prescription from your doctor) You can find a correct container from your doctor, a collection center or a drugstore.
- ✓ Collect the **whole sample** directly in the container (never transfer from another container such as a condom).
- ✓ The sample must reach the collection center **within half an hour of the ejaculation**. If its impossible, you can do your sample on site. Respect this timing with the time of your appointment and the **required temperature** during the transport (body temperature).
- ✓ You will need a **valid, signed, prescription** with a **valid health insurance card**. You will also have to answer some personal questions needed at the collection center.