



SEMEN ANALYSIS - SPERMOGRAM

A spermogram or a semen analysis can be requested either for a **fertility test** or a **post-vasectomy** testing.

Respecting the semen analysis procedure is essential.

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

- You need to **take an appointment** by dialing **1-833-991-2661** or at **santelaurentides.gouv.qc.ca to take an appointment on line**. 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 exceding 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 insurrance card**. Make sure to have theses documents in hands at the time of your apointment.