



# Patient Information Sheet

## Semen Collection

### No appointment is necessary for this test

Your doctor has referred you to have a semen test.

Your sample is examined for the number of sperm present (a sperm count), the ability of the sperm to move (motility), the shape and appearance of the sperm (morphology), the total volume of the ejaculate, and the vitality of the sperm.

- In order to obtain an optimal sperm count, a period of abstinence from sexual activity is required for a minimum of 2 days and a maximum of 7 days before collection of the specimen. 3-5 days abstinence is recommended.
- The sample should be collected in the sterile plastic container provided. Please ensure your full name, date of birth, date and time of collection are recorded on the container.
- The best results are obtained when the specimen is collected by masturbation. Coitus interruptus or withdrawal just prior to ejaculation, is subject to errors. Regular condoms, sheaths and lubricants all interfere with the results of seminal assays and **should not** be used. A special condom that is non-toxic to spermatozoa can be used, but is not optimal.
- Specimen should be kept as near to body temperature as possible. Please wrap a piece of foil around container as extremes of temperature, direct sunlight or refrigeration have an irreversible effect on sperm. In cold weather an inside pocket is an ideal place to keep the specimen during transport.
- The sample must be collected and delivered to one of the Collection Centres listed below **within one hour** of collection.
- **Semen Analysis for Fertility** - The cost of this test is \$120 and payment is required upfront. You may be eligible for a partial Medicare rebate.

### Please deliver your specimen to:

**Deakin Collection Centre:** Level 1, Clinical Services Annexe, CJJH, 173 Strickland Crescent, Deakin  
Monday – Friday: 8.00am – 5.30pm

**Main Laboratory:** Equinox 4, Ground Floor, 70 Kent Street, Deakin, ACT  
Monday - Friday: 8.00am - 5.30pm  
Saturday: 9.00am - 12noon

**Bega Collection Centre:** 87 Carp Street (Cnr Carp St & Parker St)  
Monday – Friday: 10.30am – 4.30pm

**Goulburn Collection Centre:** 127 Bourke Street  
Monday – Friday: 9.00am – 5.30pm

### THERE ARE NO FACILITIES TO COLLECT SPECIMENS AT OUR LOCATIONS

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**For further information or to make an appointment, please contact your nearest Collection Centre**

Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: [www.capitalpath.com.au](http://www.capitalpath.com.au)
- Phone: 02 6285 9800