

## Instructions for Post-Vasectomy Semen Collection

Collect your sample 6 to 8 weeks after your vasectomy or once you have ejaculated 6 to 10 times, unless your doctor has other instructions. Please check with your doctor.

Your last ejaculation must be 2 to 7 days before you collect your sample. You cannot ejaculate 2 days before collecting your sample.

1. Get a wide-mouthed container from your doctor's office or Legacy Laboratory.
2. Write on the container label. Label should have:
  - > Full name
  - > Date of birth
  - > Collection date and time
3. Use masturbation to collect your sample into the labeled container. It can be completed in the laboratory restroom or at home.
  - > Do not use withdrawal, condoms, or lubricants when collecting your sample.
  - > Make sure all semen is collected.
4. Fill out the bottom of this form.
5. Deliver this completed form and your sample to a Legacy Laboratory within 1 hour. See page 2 for Legacy Laboratory locations and hours.

**Please answer the questions below.**

Patient name: \_\_\_\_\_ Patient date of birth: \_\_\_\_\_

Number of weeks since vasectomy: \_\_\_\_\_ Number of days since last ejaculation: \_\_\_\_\_

Collection date: \_\_\_\_\_ Collection time: \_\_\_\_\_ AM / PM

Does the sample include all semen?  Yes  No

Were there problems collecting the sample?  Yes, describe below  No

Date and time sample received by a Legacy Laboratory: \_\_\_\_\_

\_\_\_\_\_

To get the best results, please turn your sample in to one of the preferred labs listed below:

**Preferred Legacy Laboratory locations and hours:**

- **Legacy Central Laboratory**  
1225 N.E. 2<sup>nd</sup> Avenue  
Portland, OR 97232  
Monday – Friday: 7 a.m. to 4 p.m.
  
- **Legacy Laboratory Meridian Park Medical Center**  
Medical Office Building 2  
19260 S.W. 65<sup>th</sup> Avenue, Suite 145  
Tualatin, OR 97062  
Monday – Friday: 7 a.m. to 5 p.m.  
Saturday: 7 a.m. to 12 p.m.
  
- **Legacy Laboratory Mount Hood Medical Center**  
Medical Office Building 4  
25050 S.E. Stark Street  
Gresham, OR 97030  
Monday – Friday: 7 a.m. to 6 p.m.  
Saturday: 8 a.m. to 1:30 p.m.

**Samples turned in at one of the locations listed below may have a transportation delay. This delay can impact the quality of the specimen. After two hours, the motility assessment will be reported with a disclaimer.**

- **Legacy Laboratory Good Samaritan Medical Center**  
Medical Office Building 3  
1130 NW 22<sup>nd</sup> Avenue, Suite 360  
Portland OR 97210  
Monday – Friday: 8 a.m. to 6 p.m.
  
- **Legacy Laboratory Emanuel Medical Center**  
Diagnostic Center  
501 N Graham Street, Suite 1203  
Portland, OR 97227  
Monday – Friday: 7 a.m. to 6 p.m.  
Saturday: 8 a.m. to 4 p.m.

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