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\(^{nd}\) 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\(^{th}\) 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\(^{nd}\) 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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