



# OriginElle

Fertility Clinic & Women's Health Centre



## PREPARING YOUR SEMEN SAMPLE

- 1) It is preferable not to have ejaculation by either sexual intercourse or masturbation for three days before the scheduled date to produce the semen sample.
- 2) You must call for an appointment the OriginElle Clinic at 514.369.0688.
- 3) Prior to produce your sample, it is important to ensure that you thoroughly wash the penis and groin area. Ensure that all soap is totally rinsed from the area and that you wash your hands before producing a sample.
- 4) Proceed to sample collection by masturbation. A sterile container will be provided from one of our receptionists.
- 5) Label the container with your full name, your doctor's name, the date and time of collection.
- 6) Deliver the semen sample within an hour and half from the time of collection to the OriginElle Clinic. Your sample must be in the laboratory of the OriginElle Clinic for the time of your appointment.
- 7) Keep the sperm sample at room temperature from the time of collection until you deliver it directly to the Andrology Lab. During cold weather, please keep the specimen at 37°C temperature. You can do so by transporting it inside your coat well wrapped in a cloth.
- 8) You must bring a piece of identification.
- 9) The test is occasionally repeated two or three times for accurate results.
- 10) Due to the increasingly large number of patients who wish to use the room for producing semen samples, it is important that patients are punctual for their appointments.

**NOTE: THE ORIGINELLE CLINIC WILL NOT PROVIDE RESULTS OVER THE TELEPHONE. YOUR RESULTS WILL BE SENT TO YOUR PHYSICIAN.**