SANFORD
Laboratories

Patient Instructions for Post Vasectomy Collection

The collection procedure is critical for sperm testing. Please follow the directions carefully to ensure accurate test results.

Confirm Testing Location Hours

- Call your local lab at least 1 day before collecting your sample (see reverse side for lab contact information). Your sample may be rejected if not received during testing hours
- Avoid ejaculation for 2–7 days before collection.
- Use a sterile container from the lab or your provider.
- The sample will need to be delivered to the lab within 30 minutes of collection. If that's not possible, let the lab know when calling to confirm hours.

Collecting the Sample

- Wash hands and penis with soap and water; rinse off all soap.
- Do not use lotions, lubricants, or creams unless provided by the lab.
- Masturbation (manipulation by hand) is preferred for sample collection.
- Collect directly into the sterile container without touching the inside. Collect the entire specimen in the container. Spilled specimen should not be transferred into the container.
- If using intercourse, request a hygiene sheath from the lab. Regular condoms or pull-out methods are not allowed.
- Seal the container tightly and keep it upright.
- Keep the sample at body temperature—carry it in an inside pocket.

After Collection

- Fill out the patient information below.
- Register at the lab.
- Verify that the specimen has your full name and date of birth on the container.

Name: _____ DOB: _____

Collection Method: ☐ Masturbation ☐ Other, explain: _____

Ordering provider: _____

Date collected: _____ Time collected: _____ ☐ AM ☐ PM

Days of abstinence (number of days without ejaculation): _____

Was any portion lost or spilled during collection: ☐ Yes ☐ No

If so, approximately how much? _____ Portion lost: ☐ First ☐ Last ☐ Unknown

Have you had a temperature greater than or equal to 101°F in the last 90 days? ☐ Yes ☐ No

ATTN Lab Staff: *If patient has had a fever note this in a chart comment as this could affect the sperm count.*

Place an “x” in the My Lab column for the correct contact information of the scheduling and testing lab.

My Lab	Lab	Address	Phone Number
	Sanford Medical Center Lab - Aberdeen	2905 3rd Ave SE	(605) 626-4200
	Sanford Laboratory Bemidji Main Clinic	1233 34th Street NW	(218) 333-5000
	Sanford Laboratory Bismarck	222 North 7th Street	(701) 323-5480
	Sanford Laboratory - Brookings	922 22nd Ave S	(605) 697-1900
	Sanford Medical Center Lab - Canby	112 St. Olaf Ave S	(507) 223-7277
	Sanford Detroit Lakes Clinic Lab	1245 Washington Ave	(218) 846-2109
	Sanford Dickinson West Lab	2615 Fairway Street	(701) 456-4082
	Sanford East Grand Forks Clinic	929 Central Ave NW	(218) 773-6800
	Sanford Grand Forks Clinic	1750 47th Ave S	(701) 757-8700
	Sanford Laboratory - Harrisburg	111 N. Cliff Ave	(605) 677-3750
	Sanford Medical Center Lab - Jackson	1430 N Highway	(507) 847-2420
	Sanford Jamestown Clinic	904 5th Ave NE	(701) 253-4014
	Sanford Clinic Lab - Lakefield	209 Main St	(506) 662-6611
	Sanford Medical Center Lab - Luverne	1600 N Kniss Ave	(507) 283-4476
	Sanford Minot NW Lab	1500 21st Ave NW	(701) 418-4310
	Sanford Laboratory - Mountain Lake	308 8th St N	(507) 427-3332
	Sanford Oakes Clinic Lab	420 S 7th St	(701) 742-4115
	Sanford Laboratory - Pierre	521 E Sioux Ave	(605) 945-5560
	Sanford Clinic Lab - Rock Rapids	104 Buncome Dr	(712) 472-3333
	Sanford Medical Center Lab - Sheldon	118 N 7th Ave	(712) 324-6351
	Sanford Laboratory - 32nd and Ellis	2601 S. Ellis Rd	(605) 312-3000
	Sanford Laboratory - 69th and Minnesota	6110 S Minnesota Ave	(605) 328-5800
	Sanford Laboratory - 49th and Oxbow	3401 W 49th St	(605) 328-1850
	Sanford Laboratory - 4th and Sycamore	600 N Sycamore Ave	(605) 328-2999
	Sanford Laboratory - 26th and Sycamore	4405 E 25th St	(605) 328-9000
	Sanford Thief River Falls Medical Center Laboratory	3001 Sanford Parkway	(218) 683-4742
	Sanford Vermillion Medical Center Lab	20 S Plum St	(605) 677-3500
	Sanford Laboratory - Watertown	901 4th St NW	(605) 886-1565
	Sanford Wheaton Medical Center	401 12st N	(320) 563-8226
	Sanford Medical Center Lab - Worthington	1018 6th Ave.	(507) 372-3159
	Sanford Clinic Lab - Worthington	1680 Diagonal Rd	(507) 371-3800