



**Seminal Fluid for Fertility Collection
Instructions**

TESTING IS PERFORMED BY APPOINTMENT ONLY

1. Make an appointment at a Dynacare location near you (locations listed below)

Patients must collect their sample onsite at the lab in order for the testing to be performed within the one (1) hour time limit. **Samples collected offsite will not be accepted.**

**10 Cottrelle Boulevard – Unit 108
Brampton, ON
Mon, Wed, Fri 9 a.m. – 2 p.m.
(905) 790-3000 Ext 5405**

**550 Terminal Ave.
Ottawa, ON
Monday-Friday 8 a.m. – 11:30 a.m.
(613) 691-4098**

2. Refrain from sexual activity resulting in ejaculation for a minimum of two (2) days but not longer than seven (7) days prior to collecting the sample
3. It is recommended that the sample be collected by masturbation. **DO NOT USE A CONDOM**
4. **ALL** the seminal fluid must be collected in the sterile container provided as the greatest concentration of sperm is found in the first portion of the ejaculate
5. Clearly label the sample with your full name, date of birth or health card number and time of collection
6. Maintain the sample at or near body temperature after collection and during delivery to the laboratory
7. **Immediately** take your sample and requisition to the Dynacare location where your appointment has been scheduled

Questions? Call Dynacare Customer Service:

Toronto Area: 1-800-565-5721

Ottawa Area: 1-800-267-9514