

SPERMIOGRAM

FERTILITY OR VASECTOMY



Your prescriber has asked you to have a spermiogram (aka seminogram or sperm analysis) to evaluate and measure the quality and quantity of your sperm. For men, sperm analysis is the most important fertility examination. It is also the primary exam to confirm whether a vasectomy has been successful.

EQUIPMENT REQUIRED

- Sterile graduated specimen container (available in most pharmacies, medical clinics, or collection centers.)



INSTRUCTIONS

- Abstain from all sexual relations two to five days before taking the sample.
- Masturbation is the method used to collect sperm.
 - Do not use any lubricant.
 - Avoid all contact with saliva and vaginal secretions.
- For a vasectomy control, wait at least two months (or \pm 30 ejaculations) after the surgery to undergo a spermiogram.

HOW TO COLLECT A SPECIMEN

At home

- Consult the sections entitled *Labelling the Container* and *When and Where to Return your Specimen*.

At Hôpital Fleurimont:

- Please be aware, you have to be at the collection center, room 2629, at the time given for your appointment.
- Bring your written prescription or, if you have an e-prescription, the name of your prescriber along with your medical insurance card (RAMQ) and your CIUSSS de l'Estrie – CHUS hospital card.

REMEMBER: To make an appointment you can reach us through our website <https://portal3.clicsante.ca/> or by phone at 819 565-4845 or at 1 833-255-1995 (toll free).

LABELLING THE CONTAINER

- Make sure the following are labelled on the container:
 - your last name and first name;
 - your medical insurance number (RAMQ).
- Write the **DATE AND TIME** the sample was taken on the designated label, taking care not to write on the bar code.
- Note the hours as follows:
 - 11:59 p.m. to indicate midnight;
 - 8:00 a.m. to indicate the morning.

- Make sure that all of the information is exact, clear and legible.
- Samples that do not contain all of the information will not be analyzed in the laboratory.

WHEN AND WHERE TO RETURN YOUR SPECIMEN

For samples collected at home:

- To ensure the quality of the test, return your container within one hour after ejaculating.
- Keep the container against your body while carrying it to keep it warm (e.g., inside the pocket of your shirt or pants).
- Remember to bring the prescription given to you by your prescriber, if applicable.
- Return your container to the collection center at Hôpital Fleurimont, at the Hôpital de Granby Collection Centre or at the Centre hospitalier du CSSS du Granit*.
- It is important to respect the time of your appointment when returning the specimens.

<p>HÔPITAL FLEURIMONT Collection center 3001, 12^e Avenue Nord Room 2629, 2nd floor Sherbrooke, Québec J1H 5H3</p> <p>You must make an appointment online at clicsante.ca, or by phone at 819 565-4845 or at 1 833-255-1995 (toll free) to bring your sample.</p>	<p>HÔPITAL DE GRANBY Collection Centre 205, boulevard Leclerc Ouest Granby, Québec J2G 1T7</p> <p>REMEMBER: You must first call to schedule an appointment at 1-833-255-1995 (toll-free) or at 819-565-4845.</p>	<p>CENTRE HOSPITALIER DU CSSS DU GRANIT Laboratory secretariat (letter C) 3569, rue Laval Lac-Mégantic, Québec G6B 1A5</p> <p>No appointment required. Return your sample on Tuesday or Thursday, 9:30 a.m. or 1:30 p.m.</p> <p>* Only POST-VASECTOMY specimens are processed at the CSSS du Granit.</p>
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DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/sampling



Info-Santé 811
OR
Speak to your prescriber.

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Document management code: INS-CP-3121-FP-Spermogramme
santeestrie.qc.ca

January 2025 – 1-6-71936 (French version) | 1-6-71937 (English version)