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| Booking an appointment for POST-VASECTOMY SPERM COUNT |
| Information Leaflet  **Important appointment details enclosed**  Stockport NHS Foundation Trust  Microbiology Department  Pathology Building  Stepping Hill Hospital  Poplar Grove  Stockport  SK2 7JE  Tel: 0161 419 4491  Email: [PathologyEnquiries@stockport.nhs.uk](mailto:PathologyEnquiries@stockport.nhs.uk)  Sample test kit to be stored at 20oC- 37oC |
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**Booking an appointment**

**An appointment must be made to bring your sample to the pathology department. We have a limit on the number of samples we can test each day so an appointment needs to be made in advance; please don’t turn up on the day without one. To book an appointment please call 0161 419 4491 between the hours of 9am - 12pm and 2pm – 5pm Monday – Friday.**

**Producing your semen sample**

**Before you start:**

* Wash and dry your hands and genitals before collecting your sample to reduce contamination. Please ensure all soap residue is removed.
* Remember your sample must be taken to the laboratory for testing within one hour of production.

**You will need:**

* A specimen container (with a blue label) – these are specially tested pots for this test. Store sample testing kit at 20oC- 37oC prior to use.
* 1 specimen request form.
* 1 specimen transport bag.

**When to collect your sample:**

* You should not have intercourse (or masturbate) for at least 3 days before the test. However, you should also not go without intercourse (or masturbation) for more than 6 days before the test.
* The sample should be collected a minimum of 12 weeks after surgery and after a minimum of 20 ejaculations
* Once collected you should take the sample to the laboratory immediately (sample needs to be tested within 50 minutes of production).

**How to collect your sample:**

* Obtain your sample by masturbation (manual stimulation) and pass it directly, **without loss** (the complete sample is needed), into the container provided.
* Do not use a condom or artificial lubrication, as this will affect the results.
* Secure the top of the container tightly.

**Where to collect your sample:**

* You must collect the sample in your own home. We do not have suitable facilities for you to produce the sample on site. Please note that it is unlawful to collect semen samples in a public toilet.

**The sample container**

**Please check the sample container label has:**

* Your full name (first name and surname), date of birth and NHS or hospital number
* The type of sample (ie semen – post vasectomy)
* Time and date of collection of the semen sample.

# The sample request form

**Please check that the sample request form records:**

* Your full name (first name and surname), address, date of birth and NHS or hospital number
* Your doctor’s name and surgery.
* The type of sample being sent (ie, semen). The form must say ‘For post-vasectomy sperm count’.
* How many days you went without intercourse or masturbation before producing your sample.
* The date of your operation.
* The actual **date and time** your sample was produced.
* Place the form in the pouch of the sample transport bag.

**How to transport your sample**

* Place the container in the sample transport bag and seal the top firmly.
* Keep the container warm (eg in a trouser pocket or inside pocket close to the body) ideally between 20°C and 37°C.
* The specimen and request form should be delivered to the Microbiology Laboratory in the Pathology Building at Stepping Hill Hospital as quickly as possible and within 50 minutes of production.
* Hand directly to reception staff in the laboratory front office informing them of your appointment. The receptionist will be required to ask you a few questions regarding your sample.
* You will be asked:

1. The number of days abstinence
2. Whether the complete sample was collected in the container
3. The time the sample was collected

* These are important when processing the sample and interpreting the results of your post-vasectomy.
* The Microbiology Laboratory accepts semen samples for post-vasectomy sperm count on weekdays (excluding Bank Holidays) from 9am to 4pm via appointment only.
* Your doctor will have a written report within approximately 7 days of your test.

# Contact us

If you would like further information or advice please telephone the laboratory on:

0161 419 4491. Sighted guides are available from main reception should you need one to help you find the laboratory reception when you arrive at the hospital.

More information on laboratory tests may be found on:

[www.labtestsonline.org.uk](http://www.labtestsonline.org.uk) and on the Stepping Hill Laboratory website at:

<https://labmedservices.stockport.nhs.uk>

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| **If you would like this leaflet in large print, another language, or on audiotape or braille, or for people with learning disabilities, please contact:**  Patient and Customer Services, Poplar Suite, Stepping Hill Hospital. Tel: 0161 419 5678. Email: [PCS@stockport.nhs.uk](mailto:PCS@stockport.nhs.uk). |

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| **If you require an interpreting service when you bring your specimen to the Microbiology Laboratory please contact us in advance or tell us when you make your appointment so that we can make the necessary arrangements: Tel: 0161 419 4491.** |

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| **Our smoke free policy**  Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more. |

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