

SEMINAL FLUID COLLECTION PATIENT INSTRUCTIONS

**It is important to follow these instructions carefully
to ensure your test results are accurate.**

Preparation:

- Specimens **ONLY** to be collected and delivered Monday – Friday inclusive:
 - Cameron Rd, **Tauranga** – before 4.30pm
 - Haupapa St, **Rotorua** – before 4pm
 - Taupo Hospital, **Taupo** – by appointment only (no drop offs)
 - Tristram St, **Hamilton** – before 4pm
 - Stuart St, **Whakatane** – before 4pm

Please note, we are not able to process specimens over weekends or public holidays.

Collection Procedure:

1. Do not have intercourse or masturbate for a minimum of two days, but no longer than seven days, before providing the sample. This allows sperm numbers to build up to normal levels.
2. Wash your hands and penis before collecting the sample, to minimise transfer of bacteria from your skin into the sample.
3. Collect the sample by masturbation into the plastic jar provided. Do not use any form of condom or lubrication. **N.B. The whole sample is required for testing, if you spill any, please obtain a fresh container and collect a fresh sample.**
4. Write your full name, date of birth (DOB) and the time that you collected the sample on the label of the container and on this form.
5. It is important to keep the sample warm and deliver to the main laboratory **within one hour of collection**. If this is not convenient, continue to keep the sample warm and deliver it as soon as possible to one of the laboratories.
6. Complete the details below and bring this form with the laboratory request form.

NAME: _____

DOCTOR: _____

When was the sample collected? Date: _____ Time: _____

How many days abstinence have you had? _____

Was any of the specimen spilled? YES / NO

Your results can only be obtained from the requesting doctor

If you have any problems, please contact one of the following:

Waikato
07 858 0799

Bay of Plenty
07 578 7073

Whakatane
07 306 0906

Rotorua
07 348 2106

Taupo
07 376 1045