

Preliminary information form

Post-sterilisation semen analysis

The earliest date to examine the semen sample will be 12 weeks (**3 months**) after sterilisation. The recommended number of **ejaculations** before the post-sterilisation semen analysis is about **thirty** to ensure that the sperm reserve is completely depleted.

Fill out the preliminary information form, then print it and bring it with you.

Personal identity code _____

Last name _____ First names _____

Address _____

Postal code _____ City _____

Telephone number _____

Referring doctor and service location _____

Date of the procedure _____

Do you have any underlying conditions and/or have you contracted any illnesses in the last three months?

Do you have any regular medication and/or have you used any medications in the last three months?

SAMPLE (to be filled out by the laboratory)

Identity confirmed _____

Date _____ Time _____

Abstinence period _____

Was the entire sample collected in the sample container? Yes _____ No _____:

First part missing _____ Last part missing _____

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Semen analysis after sterilisation

Book an appointment:

You can book an appointment to the sperm laboratory of Fimlab's fertility treatment laboratory as follows:

- a) Book an appointment online: www.fimlab.fi/ajanvaraus > Pirkanmaa > Semen analysis
➔ Make sure to indicate in the additional information section that this is a post-sterilisation check.
- b) Book an appointment by calling 010 808 525. Appointment booking is available on weekdays from 8 AM to 3 PM.

Arriving at the fertility treatment laboratory's sperm laboratory

Our address is Arvo Ylpön katu 4. Please note that the entrance is on Ensitie. We are located on the first floor.

Instructions for sample collection

- You should abstain from ejaculating for two to five days before sample collection.
- Wash your hands thoroughly before and after collecting the sample. Write your name and personal identity code on the label on the sample container.
- Collect the sperm sample by masturbating.
- Collect the entire sample directly into the sample container.
- Close the lid of the sample container and place the sample container into the sample return hatch.
- Visit the office of the laboratory one more time.