



Instructions for semen collection at Nordic IVF Stockholm

To make an appointment for semen collection, call 08-88 77 00 Monday – Friday between 8-14, or visit the website www.nordicivf.se. The price of the analysis is 1000 SEK.

You can bring the sample from home (within 1 hour) or if you want, there is a room at the clinic for this purpose. If you have to cancel your appointment, call before 7.30 am, otherwise you will have to pay for the appointment. If your partner brings your sample to the lab, she has to show your identification.

Important:

- Last ejaculation should have been 2-4 days ago
- Empty your urinary bladder before the collection.
- Wash your genitals and hands to minimize the chance of contamination of the specimen (no soap).
- The semen specimen should be produced by masturbation and collected directly into the specimen tube. It is important that the whole volume is collected.
- Put the label with your name and ID (person) number on the tube.
- Leave the sample to the lab within 1 hour.
- Try to keep the sample close to the body, to avoid changes in temperature.

Fill this out and leave it together with the sample:

Name _____

ID (person) number _____

The sample was collected at _____ o'clock.

Was the whole sample collected into the tube? Yes No

Date of last ejaculation _____



Present medication
