

Vasectomy Center – Seattle * Eastside * Shoreline

Specializing in No-Needle No-Scalpel Vasectomy

John B. Abano, MD

Swedish Issaquah Campus * Swedish Greenlake Clinic * NW Men's Health Shoreline Clinic

(425) 394-0773 www.vasectomyclinic.com

INSTRUCTIONS FOR YOUR POST-VASECTOMY SEMEN SPECIMEN COLLECTION

(Mailing Sample)

1. Approximately **12 weeks and 20 ejaculations** (whichever occurs **later**) following your vasectomy collect one sample of your semen, after a two (2) day period of no ejaculation. This can be collected in any container convenient for you and transferred to the test tube provided. **DO NOT WASH THE TUBE OUT. The yellow powder in the tube prevents bacteria from growing in your specimen.** Make sure the lid is screwed on securely. **If you send in your specimen before 12 weeks or if you lose the mailer** provided at the time of the procedure, we will send to you another mailer for a fee of **\$20** by credit card over the phone.
2. This is a free service we provide to our patients. You will not be charged unless you lose the mailer, send it early, or request additional checks outside of our requesting another sample.
3. Place the tube into the plastic biohazard bag and seal the bag. **Be sure to include the cut out sheet from the Post Vasectomy Instructions provided.** It is labeled “**Post-Vasectomy Semen Specimen Check**”. Place in the **separate** pouch on the bag. If the tube is smashed or cracked in transit, we can usually still evaluate the specimen if the bag is sealed and you do not have the paper in the same pouch to absorb the sample.
4. Place the biohazard bag with enclosed specimen vial **AND** the enclosed completed form into the pre-addressed mailer envelope. **You must apply the correct postage. Usually ranges from \$2.50-\$3.00 approximately.** The post office will not deliver mail without postage.
5. We usually call you once we have received your specimen and have examined it. If you do not hear from us 1 week after mailing your specimen, you may call our **office to speak with our RN staff at (425) 394 0773 press 2**, Monday-Friday, 9am-5pm. **If you choose to bring your sample in to the office instead**, please go to **www.vasectomyclinic.com** to check for drop-off time and locations. Do not bring to the clinic without checking our schedule as there may not be a staff available to take your specimen.