

**Arizona Advanced Reproductive Laboratory (Advanced Fertility Care)**  
**POST VASECTOMY OFF-SITE SEMEN COLLECTION INSTRUCTIONS**

1. The Sample must be collected in a sterile specimen cup. This cup can be provided before hand by our clinic or purchased at a local drug store.
2. Complete abstinence (no ejaculation) is required for 2-7 days prior to providing the sample.
3. A laboratory drop off appointment must be made with AARL/Advanced Fertility Care in order to have the sample processed (*this is to ensure that personnel is available for processing within required time frames*).
4. Label the specimen collection cup with your name and date of birth.
5. The Sample must be collected by masturbation method only **without** the use of any lubricants or saliva or the sample will be considered contaminated, cannot be processed, and will have to be repeated.
6. The Sample must be kept at body temperature while being transported.
7. The Sample must be dropped off as soon as possible and within 15 minutes of your appointment or you will need to reschedule.
8. The Sample should be transported in a dark container or bag.
9. If unable to collect, please contact the clinic and arrange other flexible options for your appointment.