

# PATIENT INSTRUCTIONS

## POST-VASECTOMY CHECK

### PLEASE READ CAREFULLY

While we recognize that the post-vasectomy check is somewhat sensitive in nature, we encourage you to contact your physician or TriCore Reference Laboratories if you have questions about the proper way to collect your semen specimen. These instructions must be followed exactly for TriCore to provide an accurate evaluation of the success of your vasectomy. Thank you for your assistance and cooperation with these procedures.

#### PREPARING FOR THE TEST

1. Obtain a requisition (order form) from your physician indicating the test to be performed. You will need to present this form at the time you deliver your specimen to TriCore.
2. After your vasectomy, ejaculate at least 25 times through masturbation or intercourse to clear any remaining sperm before collecting the test specimen.

#### COLLECTING AND LABELING THE SPECIMEN

1. Your physician will provide a clean, wide-mouthed container for specimen collection at home. (Containers may also be obtained at the laboratory.) The specimen should be deposited directly into the container through masturbation.

**Note: Your specimen should NOT be collected in a condom.**

2. Clearly label the specimen as follows:

##### Post-Vasectomy Check

Name: \_\_\_\_\_

Date and time of specimen collection: \_\_\_\_\_

Date of last ejaculation (previous to specimen collection): \_\_\_\_\_

#### DELIVERING THE SPECIMEN

Your specimen must be accompanied by a requisition (order form) from your physician. You will be asked to provide ID when dropping off your specimen. Specimens should be delivered as soon as possible since they must reach our laboratory within 24 hours of collection for the most accurate results to be obtained. Deliver the specimen to the location below or to any other TriCore patient care center.

TriCore Reference Laboratories' Patient Care Center, Physicians Office Building (Central and Cedar)  
201 Cedar SE, Suite 400, Albuquerque, NM 87106  
505.563.6100

To locate the patient care center nearest you, visit our website ([www.tricore.org](http://www.tricore.org)) or call TriCore's Client Engagement Center at 505.938.8922 / toll-free at 800.245.3296. (Patients who do not live near a patient care center may need to make special arrangements with their physician's office.)

### IF YOU HAVE QUESTIONS

Please call TriCore Reference Laboratories' Client Engagement Center at

505.938.8922 (in Albuquerque)

toll-free at 800.245.3296 (outside the Albuquerque area)