



Post Vasectomy Patient Instructions

1. Please collect sample Monday thru Friday during business hours.
2. Obtain a sterile, wide-mouthed container from your physician's office or the laboratory.
Write your full name and the collection date and time on the container.
3. Do not collect sample until 6-8 weeks after your vasectomy or 6-10 ejaculations unless your Physician instructs otherwise.
4. Refrain from sexual activity for 48 hours but not more than seven (7) days before collecting the sample.
5. You can collect the sample at home (you must bring it to the laboratory within two (2) hours of collection).
6. Collect the complete sample by masturbation.
7. Do not use withdrawal or coitus interruptus to collect the sample.
8. Do not use condoms or lubricants to collect the sample.

If you have any questions call your Oregon Medical Group clinic laboratory.

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Oregon Medical Group Center for Women's Health 330 Garden Way; Suite 220; Eugene, OR	Oregon Medical Group at Thurston 5781 Main Street; Springfield, OR
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