



INSTRUCTIONS FOR YOUR POST-VASECTOMY SEMEN SPECIMEN

Approximately *12 WEEKS and 20 EJACULATIONS* (whichever occurs **later**) following your vasectomy, collect one sample of your semen, AFTER a 2 day period of no ejaculation.

The sample can be collected in any container convenient for you and transferred to the 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. Place the tube into the plastic biohazard bag and seal the bag.

Tear and INCLUDE the IDENTIFICATION SHEET BELOW in the side pouch of the bag.

Place the biohazard bag with enclosed specimen vial **AND** the enclosed completed form into the pre-addressed mailer envelope. **YOU MUST APPLY CORRECT POSTAGE.** The post office will not deliver mail without postage.

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 \$15** payable by credit card online.

** REMEMBER We will call you from (800) 741 3357 to discuss the results with you*



Post-Vasectomy Semen Specimen Check

Esgar Guarín, MD FAAFP

311 3rd Ave SE, Suite 106. Cedar Rapids, IA 52401

4560 Fleur Drive. Des Moines, IA 50321

Phone/Text: (800) 741 3357 Email: admin@simplevas.net

Name _____ DOB _____

SimpleVas® Vasectomy PROCEDURE DATE _____

Procedure location (circle one): CEDAR RAPIDS, IA DES MOINES OTHER _____

Date specimen collected: _____
** DO NOT MAIL BEFORE 12w AFTER VASECTOMY*

Date specimen analyzed: _____

Results: _____ Examiner initials: _____

Submit sample to:
**P.O. Box 338
NEWTON, IA 50208**

