

Sperm Banking Patient & Family Instructions

Collection Details

- Collect sample after 2-5 days of sexual abstinence (no ejaculating/having sex), if possible
- Use the sterile specimen container provided by your nurse. The entire container does not need to be filled
- Urinate and wash hands, rinsing off all soap, before producing the sample
- Do not touch the inside of the container with genitals or hands
- Do not use a condom for collection
- Do not use creams, lotions, lubricants, or saliva – they can harm the ability of the sperm to move properly

Important Details

- Ensure consents are signed on the Mount Sinai Fertility electronic portal prior to dropping off sample
- Family to deliver sample between 8:00 am and 1:00 pm
- Bring photo ID for the patient
- Carry sample under armpit to keep at body temperature
- Sample needs patient name and the date and time of collection

Mount Sinai Fertility Directions

250 Dundas Street West – Suite 700 (take the elevator to the 7th floor)

- Exit SickKids to the left of Shopper's Drug Mart
- Go left (south) on University Avenue until Dundas St. W, then make a right
- The building is on the right side of the street after Simcoe St.
- Mount Sinai Fertility is NOT located at the main Mount Sinai Hospital building

