

**Post Coital Test**

This test is to find out if spermatazoa remain alive at the entrance to the uterus (cervix).

It is important to perform the test at about the time of ovulation when conditions are right for conception. The collection of the specimen is done in the same way as a "Pap" smear collection.

**Contact Symbion Lavery Pathology to make an appointment.**

1. You and your partner should abstain from intercourse for at least 2 days before the test.
2. When you make an appointment, a time for intercourse will be given. It will be 2 to 7 hours before the test. You may record this below.
3. It is important that you empty your bladder prior to intercourse as it is essential that you do not pass urine between intercourse and your appointment time.
4. After intercourse, rest on your back in bed for about 30 minutes, with your knees bent.
5. En-route to your appointment you may use a sanitary napkin but not a tampon.

Take note of the following details:

Intercourse: Time\_\_\_\_\_ Date\_\_\_\_\_

Test: Time\_\_\_\_\_ Date\_\_\_\_\_

Test location: Symbion Lavery Pathology Collection Centre

Address: \_\_\_\_\_