



CANBERRA FERTILITY CENTRE

# THE POST COITAL TEST (PCT) INSTRUCTIONS

The post-coital test is performed as closely as possible to the time of ovulation when the cervical mucus is receptive to sperm migration. At any other time during your cycle, cervical mucus is hostile to sperm.

The following instructions should be followed, as closely as possible in preparation for the post-coital test.

1. The timing of ovulation will be determined by your doctor and you will be told to have intercourse around ovulation time and to 2–3 days before the PCT;
2. The man should abstain from ejaculating for three days before the test;
3. Intercourse should take place according to your normal practice at the times specified by your doctor or Nurse Coordinator;
4. After intercourse, rest on your back for about 30 minutes with your knees bent to raise the hips and to prevent the loss of semen;
5. Have a shower before you come in for your test; and
6. Report for the test at the time you were instructed to do so.

## IF YOU DO NOT KNOW:

- a. The time you are to have intercourse;
- b. The time and where you are to present for your PCT; and
- c. Any other details.

**PLEASE ASK YOUR DOCTOR OR THE NURSE COORDINATOR AT THE  
CANBERRA FERTILITY CENTRE.**