

Instructions

Please read the following instructions carefully

Very important

Once you receive the kit, **immediately open the box**, and put the test tube containing our pink preservation medium in your refrigerator for storage. **Do not freeze it.** This preservation medium keeps your sperm viable on its way back to our lab, and should stay in cool temperature.

Do not throw away the thermal case that came with the kit as you will need it later on in the process.



In order for the process to be effective, please ship back your kits within **12 business days** from when you receive them. For further information, please refer to our refund policy at [here](#).

You may throw away the icepack that came with the kit as you won't need it anymore.

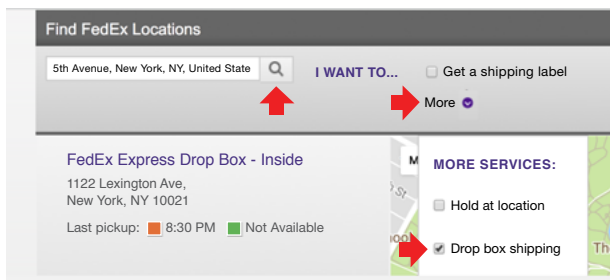
Prepare and plan in advance

1 Please refrain from ejaculation **at least 2 days but not more than 5 days** prior to producing your sample.

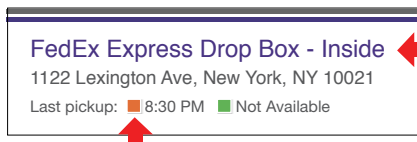
2 **Timing matters.** Plan ahead to produce your sample as close as possible to the last FedEx Express pickup time on your ship back day. This allows the shortest travel time for your sample. You should drop your kit at a **FedEx (Inside) Dropbox, Mondays – Thursdays** only.

For the nearest FedEx station and its last Express pickup:

Go to www.fedex.com/locate, enter a desired zip code, click on the 'More' drop-down menu, and check 'Drop box shipping', before starting. If you are using a mobile phone, instead of 'More' click on 'Filter' and then on 'Additional services'.

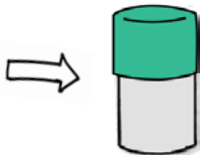


Choose a location nearest to you and look for the word **'Inside'** at the end of the purple description, and for the **orange square** for last express pickup time.



Please try to drop your kit at least **15 minutes** before last FedEx Express pickup time.

3 You should **produce your sample directly into the provided sterile collection cup**. When producing your sample, do not use lubricants of any kind, water, condoms, or the help of partners, as they can contaminate your sample. It is recommended to wash your hands beforehand.



Required testing

Please provide us with **blood work results for infectious diseases** (doctor referral letter inside your kit) **within 45 days** from your first sample storage. Results should be sent by your lab **ONLY**, to our fax number at **866-411-5018**. You will typically need to sign an ROI (release of information) form with your lab.

Providing blood work in a timely manner will help you avoid compliance issues or retesting when you need your sample in the future.

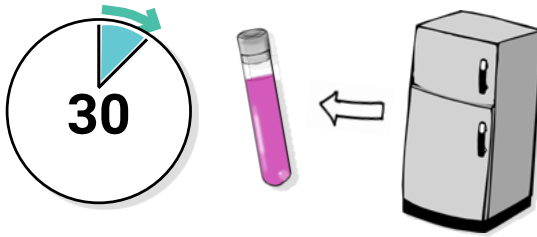
In case we do not receive your blood work **within 45 days**, you will be charged an additional \$100 fee for special storage.

Special storage is only a temporary solution. With the safety of other customers' samples in mind, samples with no completed testing on file will, unfortunately, be processed for termination following 75 days from first sample storage.

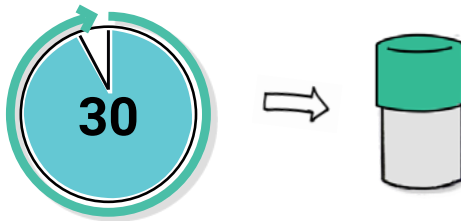


Execution

- 1** **30 minutes before** you wish to produce your sample, take the test tube that contains our pink preservation medium out of the refrigerator so it can reach room temperature. Meanwhile, you can fill in and sign the personal details form we have sent you.



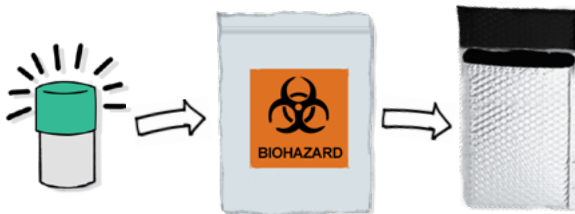
- 2** **30 minutes later** - it's time! – dim the lights, put on some nice music, and do what you gotta do. Do not forget to directly **ejaculate into the collection cup**.



- 3** Once you are done, open the tube by turning the top part and lifting it up. Add the preservation medium into the collection cup and shake it very gently so it mixes with your sample (you can now throw away the empty test tube).



- 4** Secure the top lid on the collection cup tightly (in a swerve like motion), place the cup into the biohazard bag and close the bag. Then, put the bag inside the thermal case that came with the kit and close it.



* Once you have produced your sample into the collection cup, **DO NOT put it back into the fridge**. Also, **DO NOT use the icepack to cool down your sample**. Complete steps 4 - 7 and prepare to drop your kit at the nearest FedEx Dropbox.

5 Place the thermal case (containing the biohazard bag and collection cup) into the kit's foam container.



6 Before you close the kit, make sure it contains:

A form titled "Personal details" with fields for Name, Address, Contact Information, Date of Birth, Sex, and Date. A signature is written in the "Date" field.

A completed signed personal details form



The collection cup containing your sample and the preservation medium mix

1234

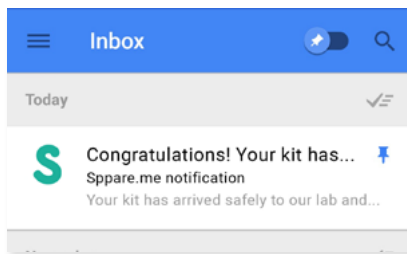
Barcode stickers for laboratory use upon your kits arrival

Don't forget to remove the physician blood test referral which should stay with you for when you go to get your blood test.

- 7** You can now **close the kit and put it into the FedEx Pak** (with a pre-paid FedEx label). Drop it at a **FedEx (Inside) Dropbox** nearest to you (instructions on page 3). **Please remember not to drop it at an outside Dropbox.** Lastly, when arriving at the station please choose an **'Express'** Dropbox and **not a 'Ground'** Dropbox.



- 8** You can **expect an email notification** from us within 2 business days. If you do not receive the email, please [contact us](#).



Safety instructions - preservation medium

Product contains an aqueous, isotonic, complex mixture of organic and inorganic salts and simple carbohydrates, at neutral pH intended for in vitro mammalian cell culture. Contains 5 mg/mL human serum albumin, 0.010 mg/mL gentamicin, and 0.003 mg/mL phenol red as a pH indicator. Avoid any unnecessary contact with skin, eyes or mucus membranes. Do not mouth pipette. Individuals with previous history of allergy to antibiotics and/or asthma, should avoid potential exposure. For more detailed safety information please go [here](#) or contact us at support@sppare.me