

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 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.



We have recently improved our preservation medium and its color should be clear (and not pink as illustrated in this instructions booklet).

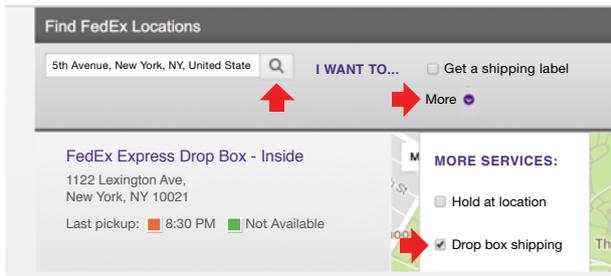
You may throw away the icepack that came with the kit as you won't need it anymore.

Prepare and plan in advance

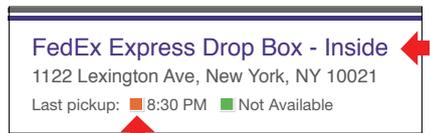
- 1** Please refrain from ejaculation **at least 2 days but not more than 5 days** prior to producing your sample.
- 2** **Timing matters.** Plan ahead to produce your sample as close as possible to the last FedEx Express pickup time on your ship back day. This allows the shortest travel time for your 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'.



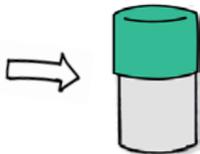
Choose a location nearest to you and look for the word **'Inside'** at the end of the purple description, and for the **orange square** for last express pickup time.



Please **don't** drop off your kit at a **FedEx staffed location**

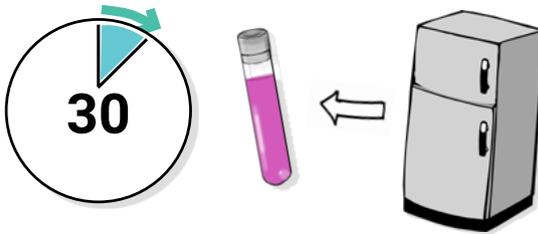
Please try to drop your kit at least **15 minutes** before last FedEx Express pickup time.

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.

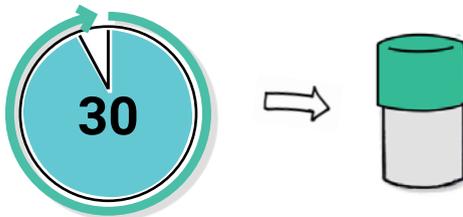


Execution

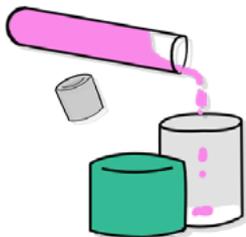
- 1** **30 minutes before** you wish to produce your sample, take the test tube that contains our preservation medium out of the refrigerator so it can reach room temperature. Meanwhile, you can fill in and sign the personal details form we have sent you.



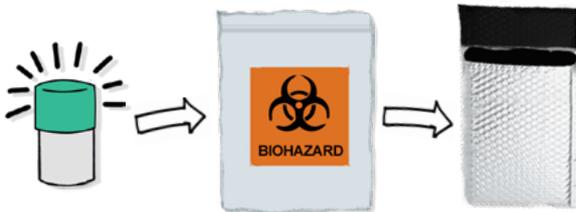
- 2** **30 minutes later** - it's time! – dim the lights, put on some nice music, and do what you gotta do. Do not forget to directly **ejaculate into the collection cup**.



- 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.



Note: double check that the cup is properly closed to avoid sample leakage.

* 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. The form is filled out with handwritten information and a signature.

A completed signed personal details form



The collection cup containing your sample and the preservation medium mix

1234

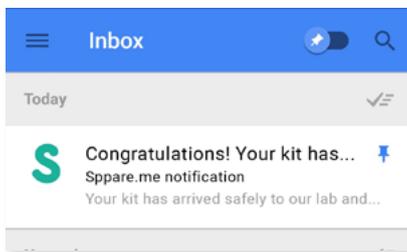
Barcode stickers for laboratory use upon your kits arrival

- 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.**



Remember to not drop off the kit at a FedEx staffed location (including Walgreens)

- 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 Water, Human Serum Albumin, Sodium chloride, HEPES sodium salt, Sodium bicarbonate, D-(+)-glucose, Potassium Chloride, Calcium Chloride, Magnesium sulphate heptahydrate, Sodium dihydrogen phosphate (monobasic), Sodium Pyruvate, Taurine, HEPES free acid, Gentamicin Sulphate, Tri sodium citrate dihydrate, and Ethylenediaminetetraacetic acid. 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 sppare.me/safety or contact us at support@sppare.me