

> What is in your kit:

- Sterile collection cup for your sample
- Tube containing shipping solution
- Plastic bag with absorbent material
- Pre-paid return label

> How to store your kit:

- Store at room temperature, in a cool, dark, dry place for up to 7 days prior to collecting your semen sample.
- Kit must be used within 7 days of receiving.

IMPORTANT – PLEASE READ CAREFULLY

Plan ahead and abstain. You will need to ejaculate twice, 2 to 3 days apart. You will only collect the second ejaculation. Do not collect the first ejaculation. Following the first ejaculation abstain - including masturbation and sexual activity - for 2-3 days, before producing your second semen sample for collection and shipping. **Ship your sample on the day that you produce and collect the second ejaculation.** For example, if you first ejaculate on Friday, abstain until you produce your second sample for shipping on Monday morning.

1st ejaculation	Abstain 2-3 days	2nd ejaculation to produce sample
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If the first ejaculation is on:	then you should ejaculate a second time, collect and ship it the same day on:
Monday	Wednesday or Thursday
Tuesday	Thursday
Wednesday	Monday
Thursday	Monday
Friday	Monday
Saturday	Monday or Tuesday
Sunday	Tuesday or Wednesday

Find your shipping location:

The day that you produce your sample, drop it off at a UPS store or UPS Access Point for overnight shipping back to our lab before the overnight shipping cutoff time, which is usually in the early afternoon. **Please do not use a UPS Drop Box.**

When you are ready to produce your best semen sample on a Monday, Tuesday, Wednesday or Thursday morning, please follow these instructions:

1. Unpack the contents of the kit.
2. Wash hands.
3. Do not use lubricant.
4. Open the sample cup and ejaculate directly into it.
5. Pour and empty the contents of the tube containing the shipping solution into the sample cup and firmly fasten the sample cup lid.
6. Write the date and time of sample collection on the sample cup label.
7. Place the sample cup into the plastic bag with the absorbent material and seal the bag.
8. Place the bag containing the sample cup into the box and seal the box.
9. Attach the pre-paid return label to the outside top flap of the box. Cover the original label that was used to ship the kit to you with the pre-paid return label.
10. The same day you produce your sample, bring the sealed box to a UPS store or UPS Access Point before the overnight cutoff time.
11. **Do not produce your sample or ship it on Friday, Saturday or Sunday.**

Go to **Research@PSFertility.com** to get your questions answered.