

**> What is in your kit:**

- Sterile Collection Cup (A) for your sample
- Tube containing Shipping Solution (B)
- Shipping Container (C) with absorbent material
- Pre-paid return label
- \* There are other items in your kit below the insert that are critical to transportation. Please do not handle or remove.

**> How to store your kit:**

- Store at room temperature, in a cool, dark, dry place.
- Kit must be returned within 14 days of receiving.

**IMPORTANT – PLEASE READ CAREFULLY**

**Plan ahead.** 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
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 semen sample on a Monday, Tuesday, Wednesday or Thursday morning, please follow these instructions:**



1. Unpack the contents of the kit.
2. Scan the QR Code to register your kit online with the activation code.
3. Wash hands.
4. Do not use lubricant.
5. Open the Collection Cup (A) and ejaculate directly into it.
6. Pour and empty the contents of the Shipping Solution (B) into the Collection Cup (A) and firmly fasten the lid. You will hear a click when fully sealed.
7. Write the date and time of collection on the Collection Cup (A) label.
8. Remove the lid of the Shipping Container (C) and place the Collection Cup (A) inside. Return the lid to the Shipping Container (C) and turn to close.
9. Place the Shipping Container (C) in the area marked Shipping Container (C).
10. Attach the pre-paid return label to the outside top flap of the box. Make sure to cover the original shipping label with the pre-paid return label.
11. Remove adhesive strip on the side of the box and firmly seal kit for return.
12. The same day you produce your sample, bring the sealed box to a UPS store or UPS Access Point before the overnight cutoff time.
13. **Do not produce your sample or ship it on Friday, Saturday or Sunday.**
14. Your results will be emailed to you and your provider. You can also view your results at <https://patient-us.crel.io/health.com/patient/login?country=US>

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