

AT-HOME SEMEN SAMPLE COLLECTION KIT

INSTRUCTIONS FOR USE (IFU)

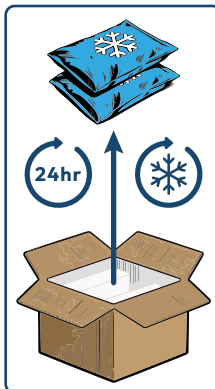


Before you start, watch the instructional video at MailMySample.com or scan the QR code →

1. LET'S PREPARE FOR TESTING

A. REMOVE ICE PACKS FROM THE KIT

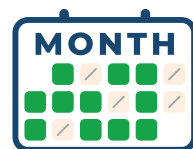
1. Lay the ice packs **flat** in a freezer for at **least 24 hours** prior to collection.
2. Keep the ice packs frozen until you are ready to ship your sample.
3. **Save the brown box (the discreet package) and styrofoam top** as you will need these items for return shipping later.



If the ice packs are not frozen completely flat, they may not fit in the return box.

B. PLAN YOUR DATE AND TIME FOR COLLECTION

1. Before you collect, go to MailMySample.com and pick a green day on the calendar. Those are your valid ship days.
2. Collect and ship on that same day.
3. This collection kit should be used **within 30 days**.



Confirm your available ship date on the website.



Always check the shipping schedule on our website. Never ship Fridays or weekends.

C. ABSTINENCE

1. Avoid ejaculation for **2 to 5 days** before collecting your sample.
2. **Two (2) days** of abstinence is recommended if your order includes DNA Fragmentation testing.



D. FIND A FEDEX OFFICE LOCATION

1. Your sample must be shipped **on the same day as your collection**.

Scan the QR to Find Nearest FedEx Store →



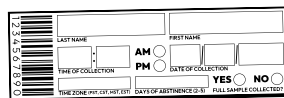
2. CONFIRM YOUR KIT SUPPLIES



Collection Cup



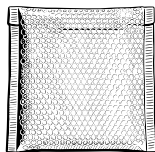
Semen Preservative



Patient ID Label



Biohazard Bag



Thermal Bag



x2 Ice Packs

3. COLLECTION PROCESS

A. COLLECTING YOUR SAMPLE

1. Wash your hands and penis.
2. Open the sample collection cup.
3. Masturbate and ejaculate directly into the cup.
4. Collect your **entire** sample!

! To avoid sample contamination, do not use condoms, lubricants, lotions, saliva, or partners.



B. PRESERVE YOUR SAMPLE

1. Open the vial with the semen preservative (clear fluid) and pour **all** fluid into the collection cup.
2. Screw the lid on tightly until you hear it “CLICK”, then swirl your sample to mix.
3. Turn the cup upside-down to check for leaks.

! If we receive your sample without the Semen Preservative added, we cannot test it.



Visit [MailMySample.com](https://www.mailmysample.com) For Video Guide

4. LABEL YOUR SAMPLE

A. WRITE YOUR INFO ON THE LABEL BELOW

- Record your Full Name, Date & Time of Collection, Time Zone, Abstinence, and if Full Sample was Collected.

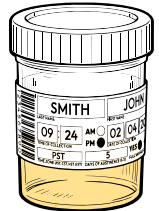
Example Label
Underneath

1 2 3 4 5 6 7 8 9 0		SMITH	JOHN
	LAST NAME	FIRST NAME	
	09 : 24 AM ☐	02 / 04 / 2026	
	TIME OF COLLECTION	DATE OF COLLECTION	
	PST	5 YES ☒ NO ☐	
	TIME ZONE (PST, CST, MST, EST)	DAYS OF ABSTINENCE (2-5)	FULL SAMPLE COLLECTED?

B. PEEL & STICK THE LABEL ON THE SAMPLE CUP

- Remove the label and stick it on the side of the collection cup (**not on the lid**).

! Without your patient identification label, the sample cannot be tested.



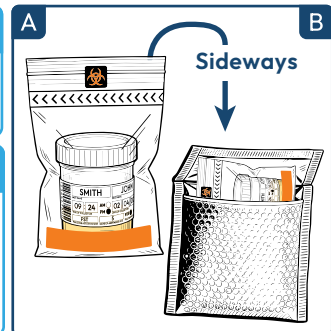
5. PACKAGING YOUR SAMPLE

A. SEAL SAMPLE CUP IN THE BIOHAZARD BAG

- Place your labeled cup into the biohazard bag. Squeeze out the excess air and seal the bag.

B. SECURE SAMPLE IN THE THERMAL BAG

- Insert the biohazard bag containing your sample cup into the thermal bag.
- Make sure the sample cup is positioned on its **side** for proper fitment.



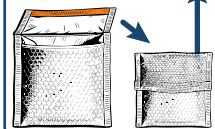
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6. BOXING YOUR KIT

A. ROLL THERMAL BAG TO SEAL

1. Remove the adhesive strip.
2. Roll the thermal bag **tightly** into a cylinder and ensure a tight wrap.
3. Seal with the adhesive strip.
4. This is **important for a secure fit** inside the box.

Adhesive Strip

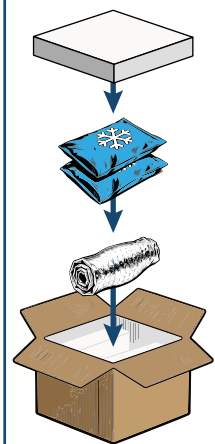


B. SECURE THE THERMAL BAG

1. Place the thermal bag into the center of shipping box.
2. Ensure a **snug fit** between the foam blocks.

C. PACK THE SHIPPING BOX

1. Remove the inner return shipping box from the outside box.
2. Remove the two ice packs from the freezer and place them on top of the thermal bag.
3. Don't forget to **place the styrofoam back on top of the ice packs.**
4. Seal the box with adhesive strips on the top flap.
5. Make sure the **return shipping label is visible.**



7. SHIPPING YOUR KIT

A. DROP OFF AT A FEDEX OFFICE LOCATION

1. Hand-deliver your package to your FedEx Office location (**not a drop box**) before the **overnight cut-off time.**

Scan the QR to
Find Nearest
FedEx Office



Upon completion of your semen analysis, your test results will be sent to your provider, ordering physician, or clinic. You will then be contacted directly by them to discuss your results.

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