# AT-HOME SEMEN SAMPLE COLLECTION KIT

# INSTRUCTIONS FOR USE

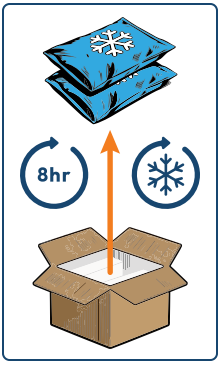
**REQUIRED**, watch the instructional video at **MailMySample.com** or scan the QR

WATCH FIRST

## 1. LET'S PREPARE FOR TESTING

### A. REMOVE ICE PACKS FROM THE KIT

1. **Save the Inner Return Shipping Box and Styrofoam Top.** Both are required to return your kit.
2. Lay the ice packs **flat** in a freezer for **at least 8 hours** prior to collection.
3. Keep the ice packs frozen until you are ready to ship your sample.




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

### B. PLAN YOUR COLLECTION DAY IN ADVANCE

1. **DO NOT** collect on a Friday, Weekends, or Holidays.
2. **DO NOT** collect if Tomorrow is a Holiday, or if Bad Weather is Expected.
3. This collection kit should be used **within 30 days**.

Collect on a
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY

Do Not collect on a
- FRIDAY
- SATURDAY
- SUNDAY
- OR HOLIDAYS

Semen sample must be collected and shipped on the same day. Visit **MailMySample.com** for a calendar of OK shipping days.

### C. ABSTINENCE

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

### D. FIND A UPS STORE LOCATION AHEAD OF TIME

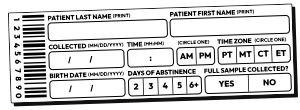
1. Your sample must be shipped **on the same day as your collection.**

Scan the QR to Find Nearest UPS Store

# 2. CONFIRM YOUR KIT SUPPLIES

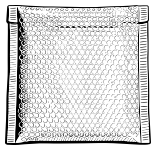
Collection Cup

Semen Preservative

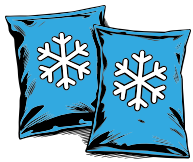



Patient ID Label

Biohazard Bag



Thermal Bag



x2 Ice Packs

# 3. COLLECTION PROCESS

## A. COLLECTING YOUR SAMPLE

1. Wash your hands.
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, water, 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 For Video Guide**

# 4. LABEL YOUR SAMPLE

## A. WRITE PATIENT INFO ON THE LABEL BELOW

1. Record your Last Name, First Name, Date & Time of Collection, AM/PM, Time Zone, Birth Date, Days of Abstinence, and if Your Full Sample was Collected.

**Example Label Underneath**

1 2 3 4 5 6 7 8 9 0

| PATIENT LAST NAME (PRINT) | PATIENT FIRST NAME (PRINT) |
|---|---|
| SMITH | JOHN |

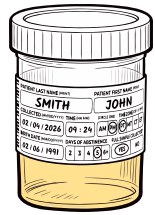
| COLLECTED (MM/DD/YYYY) | TIME (HH:MM) | (CIRCLE ONE) | TIME ZONE (CIRCLE ONE) |
|---|---|---|---|
| 02 / 04 / 2026 | 09 : 24 | AM PM | PT MT CT ET |

| BIRTH DATE (MM/DD/YYYY) | DAYS OF ABSTINENCE | FULL SAMPLE COLLECTED? |
|---|---|---|
| 02 / 06 / 1991 | 2 3 4 5 6+ | YES NO |

## B. PEEL & STICK THE LABEL ON THE SAMPLE CUP

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

**!** Without your identification label (attached and completed), the sample cannot be tested.



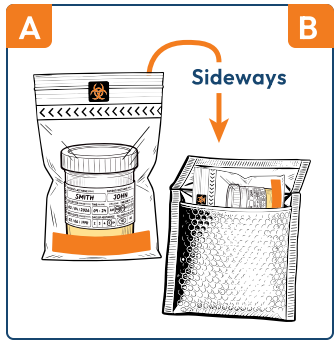

# 5. PACKAGING YOUR SAMPLE

## A. SEAL SAMPLE CUP IN THE BIOHAZARD BAG

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

## B. SECURE SAMPLE IN THE THERMAL BAG

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

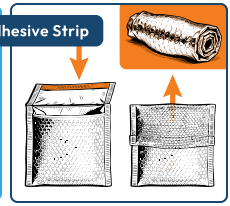



**Visit MailMySample.com For Video Guide**

# 6. BOXING YOUR KIT

## A. ROLL THERMAL BAG TO SEAL

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

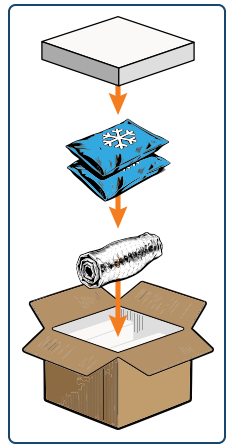



## B. SECURE THE THERMAL BAG

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 Outer Box.
2. Remove the two ice packs from the freezer and place them on top of the thermal bag.
3. **Place the styrofoam top over the ice packs.** The styrofoam top is required for temperature stability.
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 UPS STORE LOCATION

1. Hand-deliver your package to your UPS Store location **(not a dropbox or 3rd party drop-off center)** before the **overnight cut-off time.**

Scan the QR to Find Nearest UPS Store

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.

**Visit MailMySample.com For Video Guide**

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