

Sending a semen sample for testing of sperm DNA integrity (SDI®-test) by SPZ Lab

We will send you the special shipment container with UPS. The shipment container is sent to your address, but you may need to collect it from your local UPS Parcel Shop. Shipment to most EU countries will take 1-2 days.

The outer part of the shipment container is a protective container. You will find the dryshipper inside the container.

Important!

The inside of the dryshipper is very cold (-196°C). The diluted semen sample is frozen when it is placed in the vial and put into the dryshipper. The liquid nitrogen is in a sponge inside the dryshipper. To avoid frostbite, use gloves if you need to touch anything which has been placed in the dryshipper.



2



Materials:

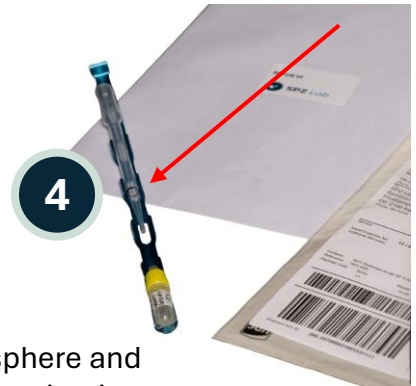
In the space between the dryshipper and the container you find an envelope (2).

The envelope contains a cable tie, a cryo vial with 0.5 ml diluent and a metal holder (3).



You will find a semen cup fixed to the top of the dryshipper with duct tape.

The dryshipper also contains a plastic pipette (4) as well as a Shipment AirWaybill for the return with UPS and a plastic envelope.



The semen sample

You should produce the semen sample in a relaxed atmosphere and allow yourself ample time for the procedure. To avoid contamination, your hands must be washed carefully.

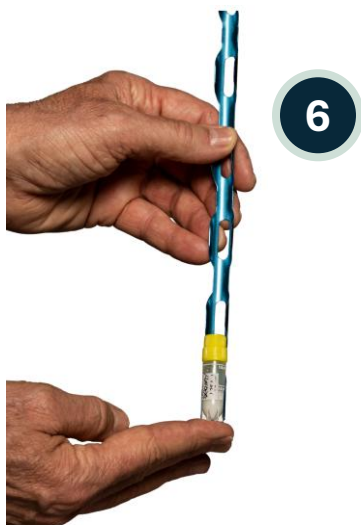
The sample is made by masturbation after 3 days of sexual abstinence (2 to 4 days). It is ideal if you have ejaculated approximately every 3 days during the past 2 weeks prior to making this sample.

When you have made the sample, it needs to rest for 1 hour at room temperature to become liquid. Please rotate the semen cup several times during this period to mix the sample.

Diluting and freezing the sample

Once the semen sample has become liquid, it needs to be diluted and frozen.

The plastic pipette has a black line indicating 0.5 ml. With the plastic pipette you suck up approximately 0.5 ml of the semen and place it in the cryo vial. To mix it with the diluent, the semen and diluent are sucked up by the pipette and then placed gently in the cryo vial. This procedure is repeated, and the lid is then fixed firmly on the cryo vial.



The cryo vial is then put on the metal holder (6).



Place the metal holder in the dryshipper.
(7)

The dryshipper is sealed by using the cable. (8)



The Shipment container is closed, and the return Air WayBill for UPS is placed on the container. (9)

You then return the shipment container to your local UPS Parcel Shop.

The return shipment to SPZ Lab takes 1-2 days from the different EU countries. We will typically ask you to return the shipper on a Friday and your sample is analyzed within 1-2 days after arriving to SPZ Lab.