



SPERM TRANSPORT KIT INSTRUCTIONS

INSTRUCTIONS OVERVIEW

These instructions will allow you to collect and transport your sperm for storage at CAN-AM Cryoservices. **Read all Instructions before collecting your specimen** to ensure the best result.

STORING AND REVIEWING THE KIT

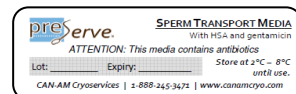
Refrigerate Kit upon arrival

Review Kit for missing items or paperwork

Keep Styrofoam packaging for return shipment

- **Store the Kit in the refrigerator** until use.
- Your kit contains a special fluid that will help the sperm survive transport (“Sperm Transport Media”). The **Transport Media has an expiry date**. If your kit will not be used by the expiry date written on the container, please contact CAN-AM at 1-888-245-3471.
- **Do not discard** Kit packing material. You will reuse it for your return shipment to CAN-AM.
- If your Kit contains Ice packs, store them in the freezer until your specimen is ready for return.
- Please review the following list of items included in your kit. **If any items are missing, contact CAN-AM Cryoservices immediately.**

- 1) Empty **Collection Bottle (Sterile)**
 - *Do not open until you are ready to collect your sperm.*
- 2) Resealable Biohazard Specimen and Document Bags
- 3) **Sperm Transport Media** (*note: contains antibiotics*)
 - *Do not open until time of use.*
- 4) Large Sealable Bag to package the Kit box for transport
- 5) Prepaid FedEx Priority Overnight Return Waybill



REVIEWING AND COMPLETING PAPERWORK

- If you already have a storage account with CAN-AM, you only need to complete the **Off-Site Specimen Collection Document**.
- If you are storing sperm with CAN-AM for the first time, you will need to complete the following paperwork to set up your Storage Account:
 - a) Handling, Use and Storage Agreement
 - b) Consent for Use of Human Reproductive Material
 - c) Consent to the Disclosure, Transmittal or Examination of Personal Health Information
 - d) Off-Site Specimen Collection Documentation
 - e) Billing Agreement

PREPARING FOR SPECIMEN COLLECTION

- Determine number of hours of sexual abstinence
- Call FedEx before noon to arrange a Pick Up within a few hours of specimen collection

- **Abstinence:** To collect the best possible specimen, we recommend **2-7 days of abstinence** from sexual activity or masturbation before collection. If you are unable to delay treatment or surgery this long, try to have at least 24 hours of abstinence before collection.
- **Arranging return shipment before collection:**
 - The Kit includes return by FedEx using Pre-paid Priority Overnight (Monday – Thursday)¹.
 - Call 1-800-GO-FEDEX to **schedule your Pick Up**.
 - Time your specimen collection accordingly, allowing time for the Transport Media to warm.

COLLECTING YOUR SPECIMEN

- Allow Transport Media to warm to room temperature (about 1 hour)
- Label and close Collection Bottle tightly, complete Offsite Specimen Collection Certification
- Allow collected semen to sit for 20-30 minutes before gently mixing with Transport Media

One Hour before

Remove tube from the refrigerator 1 hour before collection. Place upright to warm to room temperature. Do not open until you are ready to collect your specimen.

Collecting your Specimen

Collect your semen by masturbation. **Wash your hands and genitals prior to collection to reduce contamination. Do not use a spermicidal lubricant.**

Collect your semen directly into the Collection Container and then tightly close the lid. Label the Collection Bottle with your name and the approximate time of collection.

Adding Transport Media

Allow the semen to sit for 20-30 minutes at room temperature, then carefully pour the Transport Media into the Collection Bottle and close tightly.

Very gently swirl the Collection Bottle to mix the semen and Transport Media. **DO NOT SHAKE**. **Make sure the bottle does not leak.**

Seal the Bottle inside the Biohazard Transport Bag. Push the upright Bottle into one of the holes in the Foam insert of the Transport Kit box.

¹ The Kit is designed to be used for overnight deliveries by approved carriers only. FedEx does not provide full pickup or delivery service on weekends or Federal Holidays. CAN-AM assumes no liability for any losses (financial or otherwise), additional expenses or damage to the Kit or its contents (including sperm quality) resulting from improper handling or delivery, including delays. **By returning your kit to CAN-AM for semen assessment or storage, you are agreeing to these conditions of limited liability.**

SHIPPING AND FOLLOW-UP

- | | | | |
|--------------------------|--|--------------------------|------------------------------------|
| <input type="checkbox"/> | Check and package your paperwork and Kit | <input type="checkbox"/> | Contact CAN-AM after FedEx Pick Up |
| <input type="checkbox"/> | Keep us up-to-date with your contact and billing information | | |

PACKING UP YOUR KIT

- Make sure your paperwork is complete and seal it in the bag provided. Place inside the Kit box.
- Close Kit box and place in the large Sealable Bag. Retrieve Ice Packs from freezer (if provided).
- Place the bagged Kit inside the insulated shipping container. If Ice Packs were provided, place around the Kit.
- Seal the insulated box well with tape to prevent accidental opening during shipment. **Contact CAN-AM once FedEx has Picked Up your package** at 1-888-245-3471 or at info@canamcryo.com.

FOLLOW-UP ON YOUR KIT

- Your deposit will be assessed for semen quality, processed and frozen. It will be placed in quarantine storage if we have not received acceptable blood test results.
 - **Quarantine storage fees will be billed to accounts which are missing any required paperwork or acceptable test results.**
- You will be billed for services once we have received your Kit. Storage fees will cover multiple deposits if you use more than one Kit. Visit www.canamcryo.com for current pricing and methods of payment.
- **DO NOT SEND CHEQUES OR CASH IN THE KIT:** CAN-AM cannot be held responsible for loss during transport.
- Make sure to **keep CAN-AM up-to-date with your address, billing information and any changes in your Consent** for the use of your sperm. Please refer to your Storage Agreement regarding termination of storage if you no longer need to store your sperm.

Sperm banking gives you the freedom to start your family when you're ready

