



## 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

- |   |  |
|---|--|
| <input type="checkbox"/> Refrigerate Kit upon arrival                 | <input type="checkbox"/> Place Ice Pack bricks in the Freezer      |
| <input type="checkbox"/> Keep Styrofoam packaging for return shipment | <input type="checkbox"/> Review Kit for missing items or paperwork |

- **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 indicated on the Transport Media tube, please contact CAN-AM at 1-888-245-3471.
- **Do not discard** the insulated Styrofoam shipping container and any filler material used inside. 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**
    - *This bottle is sterile before use. Do not open until you are ready to collect your sperm sample.*
  - 2) **Sperm Transport Media** (*note: contains antibiotics*)
    - *The tube has been prepared in a clean lab environment.*  
**Do not open until use.**
  - 3) Resealable Biohazard Specimen and Document Bags
  - 4) Large Sealable Bag to package the Kit box for transport
  - 5) Reusable Ice Packs (keep frozen)
  - 6) Prepaid FedEx Priority Overnight Return Waybill

	<b>COLLECTION BOTTLE</b> <small>CAN-AM Cryoservices www.canamcryo.com   1-888-245-3471</small>
	PATIENT NAME: _____
	Collection Date: _____ Time: _____ am/pm

	<b>SPERM TRANSPORT MEDIA</b> <small>With HSA and gentamicin ATTENTION: This media contains antibiotics</small>
	Lot: _____ Expiry: _____ Store at 2°C – 8°C until use.
	<small>CAN-AM Cryoservices   1-888-245-3471   www.canamcryo.com</small>

### REVIEWING AND COMPLETING PAPERWORK

- If you are storing sperm with CAN-AM for the first time, you will need to complete the paperwork below to set up a Storage Account.
- If you already have a storage account with CAN-AM, you only need to complete the **Off-Site Specimen Collection Document**.

- *Paperwork which must be returned to CAN-AM (first-time depositors):*
  - 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

*Provide to your Health Care provider for blood draw:*

- f) Infectious Disease Testing Requisition (*include your OHIP number*)
  - **Your blood test results must be faxed or mailed to CAN-AM within 30 days of storage**

**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 Pre-paid Priority Overnight return by FedEx on full-service delivery days only (Monday – Thursday)<sup>1</sup>.
  - Call FedEx at 1-800-GO-FEDEX to confirm what time the courier will be in your area and schedule your Pick Up.
  - Time your specimen collection accordingly, including completing your paperwork and allowing time for the Transport Media to warm.

**COLLECTING YOUR SPECIMEN**

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

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**One Hour Before Collection**

**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.

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<sup>1</sup> 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, additional expenses or damage to the Kit or its contents (including sperm quality) resulting from improper delivery, including delays.

Collecting  
Your  
Specimen

Collect your semen specimen by masturbation. Wash your hands beforehand to reduce the chances of 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 30 minutes at room temperature**, then carefully pour the Transport Media into the Collection Bottle and close tightly.

**Very gently** swirl the Collection Bottle for several seconds 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.

## SHIPPING AND FOLLOW-UP

Check and package your paperwork and Kit

Contact CAN-AM after FedEx Pick Up

Make sure your test results are forwarded

Keep us up-to-date with your contact information

### REPACKAGING YOUR KIT

- Make sure your paperwork is completed 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 Kit inside the insulated shipping container and arrange the large Ice Packs around it.
- Seal the insulated box well with tape to prevent accidental opening during shipment. Contact CAN-AM at 1-888-245-3471 or [info@canamcryo.com](mailto:info@canamcryo.com) once FedEx has Picked Up your package.

### FOLLOW-UP ON YOUR KIT

- Your deposit will be assessed for semen quality, processed and frozen. It will be placed in quarantine storage until we receive all your blood test results.
  - *Quarantine storage fees will be billed to accounts which are missing any required paperwork or test results after the first 30 days of storage.*
- 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](http://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