












Timing is everything in life! Specially for your sperm collection or sperm retrieval!  
Welcome to SpermSure, your personal guide in the journey toward understanding your sperm cycle!

- ⚠️ Activate you kit at: <https://spemsure.com/activate>  
Your unique activation code is located on the back of the kit box.
- ⚠️ Please follow these instructions once a week for 12 weeks to collect and prepare your semen sample for further analysis by our experts.
- ⚠️ Avoid ejaculation for at least 3-4 days before performing weekly sampling.
- ⚠️ You will need single use gloves for sample preparation (not included)
- ⚠️ Always handle kit components with gloves to avoid contamination.
- ⚠️ Follow the exact measurements and waiting times for the most accurate results.
- ⚠️ Total sample preparation time is 2 and half hours.

**Kit content:**

- 1x Solution 1 
- 1x Solution 2 
- 1x Cell Strainer (reusable) 
- 1x Tube holder (reusable) 
- 1x Shipping bag for sample return to analysis 
- 1x Marker for labeling 
- 2x 10 mL syringe (reusable) 
- 3x Conical tubes (reusable) 
- 12x Collection cups (single use) 
- 12x 5 mL pipettes (single use) 
- 12x Semen filter (single use) 

## Weekly Procedure:

### 1. Kit Preparation:

- Open your SpermSure kit.
- Organize the kit components for easy access.

### 2. Sample Collection:

- Collect your semen directly into the collection cup provided in the kit (single use cup).



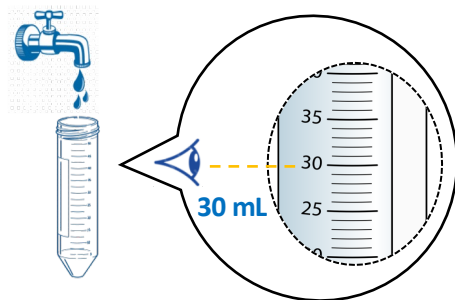
### 3. Initial Waiting Period:

- Let the sample sit for 60 minutes.
- Put on the gloves before moving to the next step (gloves not included).



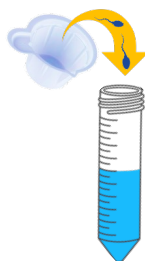
### 4. Water Addition:

- Open the conical tube
- Measure and pour 30 mL of tap water into the conical tube.



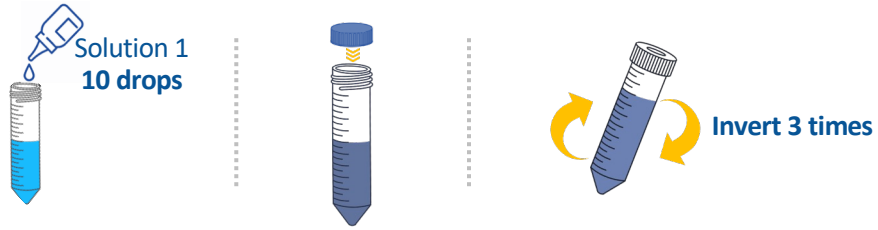
### 5. Sample Dilution:

- Transfer the semen from the collection cup into the conical tube with water.



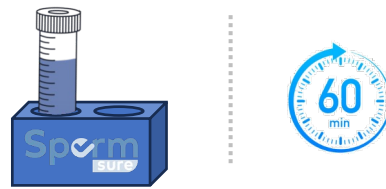
## 6. Solution Mixing:

- Add 10 drops of **Solution 1** to the diluted semen.
- Close the tube with the lid and mix by inverting the tube 3 times.



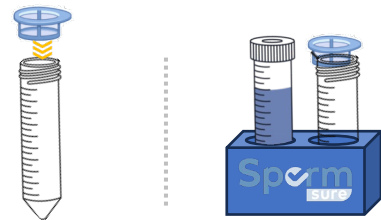
## 7. Secondary Waiting Period:

- Place the tube on the stand.
- Wait for another 60 minutes.



## 8. Straining Process:

- Place the cell strainer into the empty conical tube.
- Set the tube in the stand.



## 9. Filtration:

- Slowly decant the semen sample into the strainer.
- Should the sample need homogenizing, delicately agitate it using a pipette within the filter.
- In the event of a clog, gently rinse the filter under running tap water (see section 10 for instructions) before continuing with the filtration process.



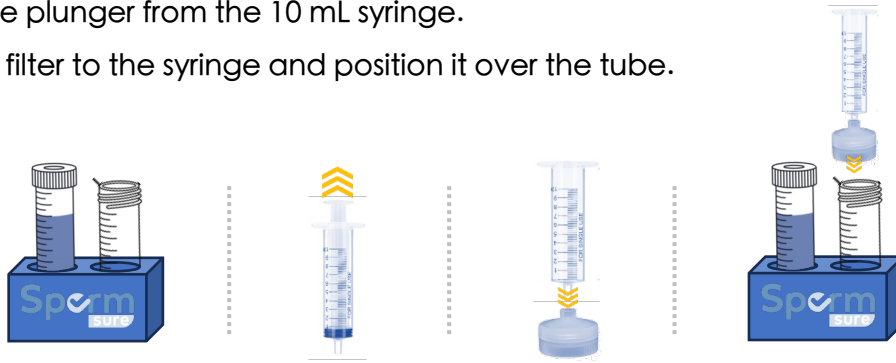
## 10. Strainer Cleaning:

- Remove the strainer, wash it upside down under tap water, air dry, and store it for next time.
- Close the conical tube with the lid.



## 11. Syringe Setup:

- Place a new conical tube into the stand.
- Remove the plunger from the 10 mL syringe.
- Attach the filter to the syringe and position it over the tube.



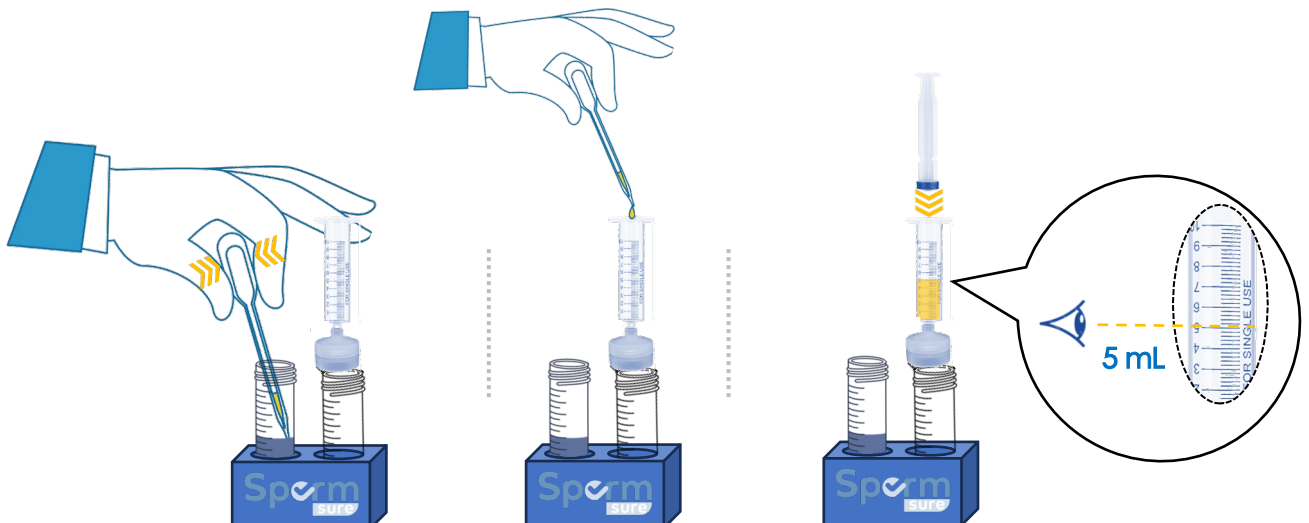
## 12. Sample Preparation:

- Mix the semen sample by inverting the tube 3 times.
- Place the tube back into stand and open the lid
- Draw up 5 mL of the mixed sample with the pipette.



## 13. Syringe Filling:

- By using the pipette, transfer 5 mL of the sample into the syringe.
- Reinsert the plunger.



## 14. Sample Processing:

- Apply gentle pressure to push the sample through the filter into the tube.

⚠️ Avoid pushing the remaining air in the syringe.

⚠️ If you encounter resistance towards the end, stop applying pressure to prevent harm to the filter and move on to the next step.



## 15. Filter Flushing:

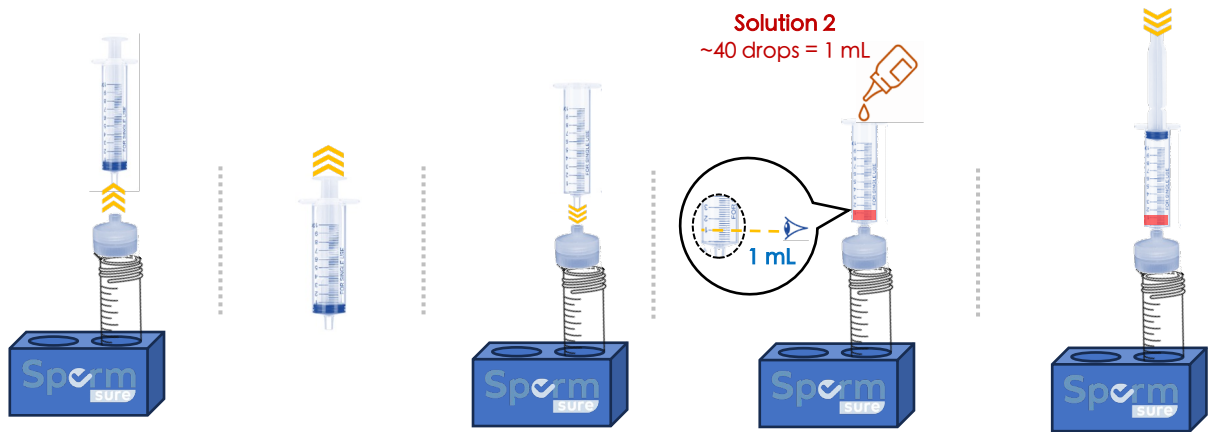
- Detach the syringe from the filter.

- Remove the plunger from the syringe, and reconnect the syringe to the filter.

- Add approximately 40 drops, which equates to 1 mL, of **Solution 2** into the syringe.

- Reinsert the plunger and carefully administer the solution through the filter.

⚠️ Avoid pushing the remaining air in the syringe.



## 16. Storage and Labeling:

- After filter flushing, disconnect the filter and place it in the provided zip-bag, ensure proper sealing of the bag.

⚠️ Label the bag with the sample number and the date of collection.

⚠️ Store the bags with samples in your fridge until shipment.

## Cleaning After Use:

- Wash all the conical tubes and the syringe thoroughly with water after use, leave them to air dry to prepare them for the next sample.

If you have any questions or need assistance, please reach out to our customer support at: [info@spermsure.com](mailto:info@spermsure.com)