

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

It is very easy to send a semen sample to SPZ Lab. You first need to order the SDI®-test at our homepage [www.spzlab.com](http://www.spzlab.com).

When we have received your order and payment, information will be sent to you in a Secure Message (via Bluewhale). Click on the link and get the PIN-code sent to your mobile phone. With the PIN you can open the message and download the information.

We will send you the special shipment container with UPS. You collect the container from your local UPS Parcel Shop. Shipment to the UK will take 1-2 days.

The outer part of the shipment container is a protective container. You open this turning by turning "the butterfly-lock" as shown in Figure 1.

### **Materials:**

In the shipment container you find the metal dryshipper which contains liquid nitrogen. In the space between the dryshipper and the plastic container you find an envelope (Figures 2 and 10). If you lift out the dryshipper you also find a semen cup in the bottom of the plastic container.

The envelope contains a cable tie, a cryo vial with 0.5 ml diluent and a metal holder (Figure 3). It also contains a plastic pipette (Figures 4 and 5) as well as a Shipment AirWaybill for the return with UPS and a plastic envelope (Figure 10).

### **Important!**

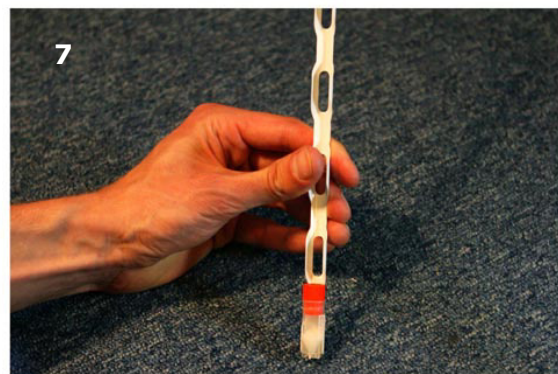
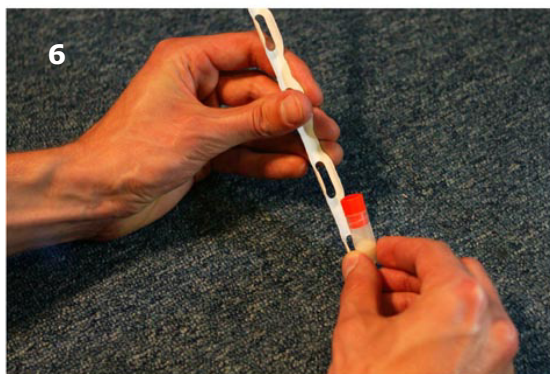
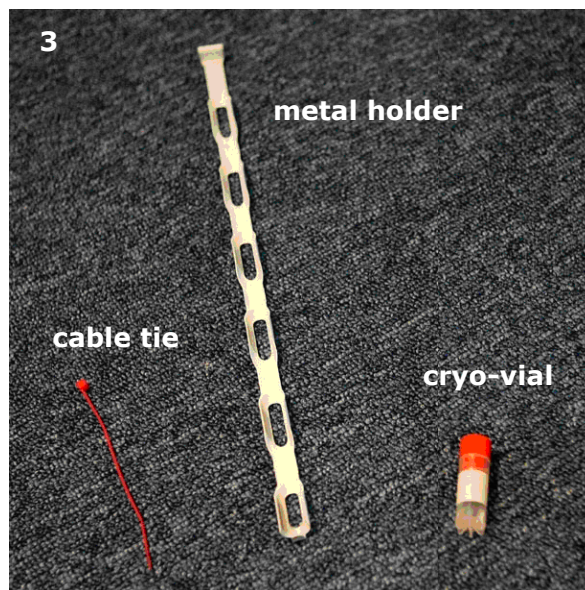
*The inside of the dryshipper is very cold (-196°C). The diluted semen sample is frozen when it is placed in the vial and put into the dryshipper. The liquid nitrogen is in a sponge inside the dryshipper. However, to avoid frostbite you will need to use gloves if you need to touch anything which has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



### 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. You should 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**

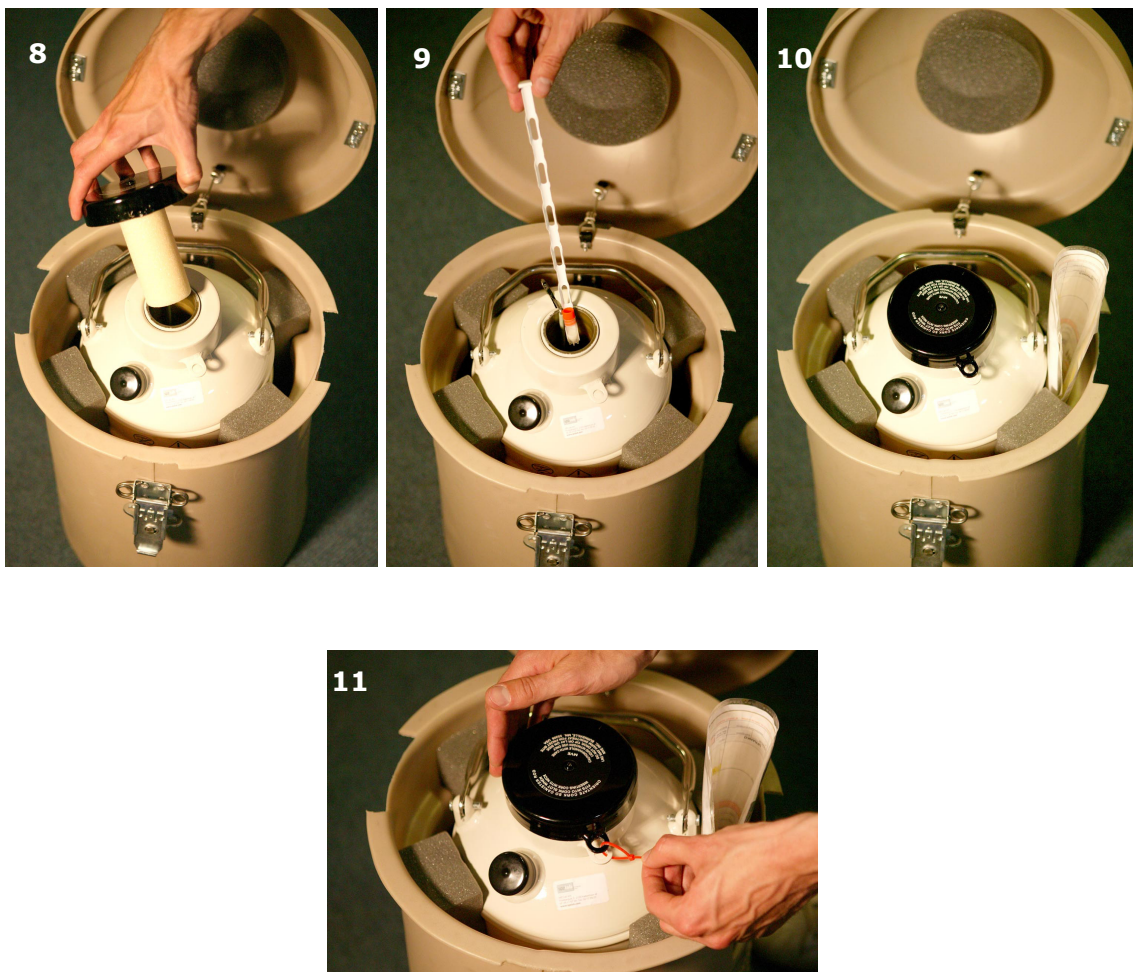
Once the semen sample has become liquid, it needs to be diluted and frozen.

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.

### **Loading of the dryshipper and return of the shipment container**

The cryo vial is then put on the metal holder (Figures 6 and 7) and the metal holder is placed in the dryshipper (Figure 8 and 9).

The dryshipper is sealed by using the cable tie (Figure 11). The Shipment container is closed and the return Air WayBill for UPS is placed in the container. You then return the shipment container to your local UPS Parcel Shop.



**Return shipment and result of the SDI®-test**

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

The result of the SDI®-test will be sent to you in a Secure message.

A DNA fragility index (DFI-value) below 15 indicates that your fertility is affected by sperm DNA damage (fragmentation). A DFI above 15 indicates a reduced fertility. If it is above 25, your fertility is significantly reduced.

**Questionnaire and personal recommendation**

When the DFI is above 15, your result is accompanied by a link to the SPZ Lab self-assessment questionnaire. It will take you approximately 10 to 15 minutes to answer this.

Based on your information we will send you a personal recommendation on how you may be able to improve your fertility. We will send you this information within 3 days of receiving your questionnaire.