

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.

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. 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 2-3 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.

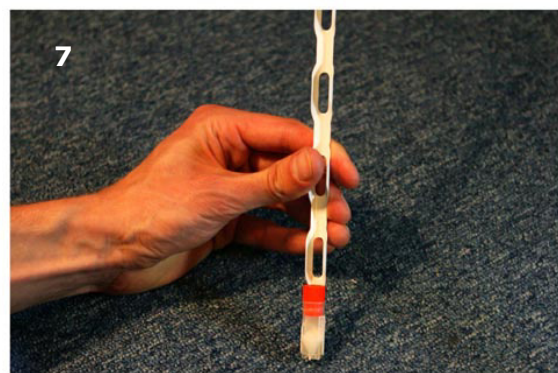
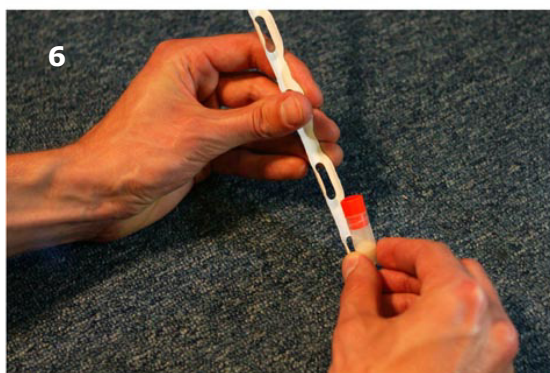
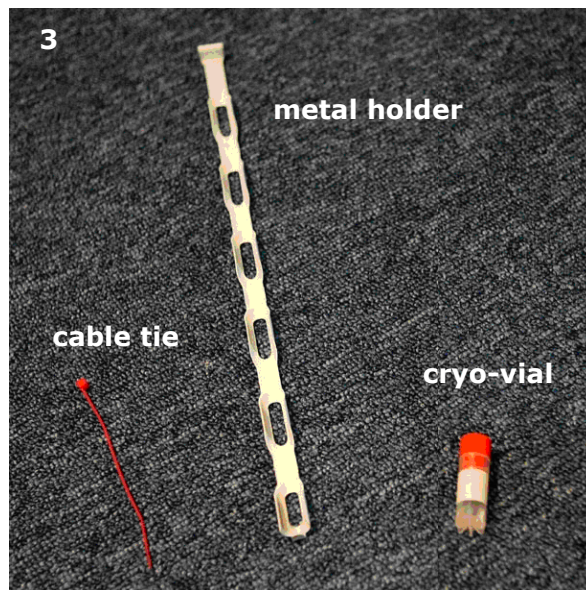


The semen sample

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 (2 to 5 days).

When you have made the sample, it needs to rest for 30 minutes to 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.

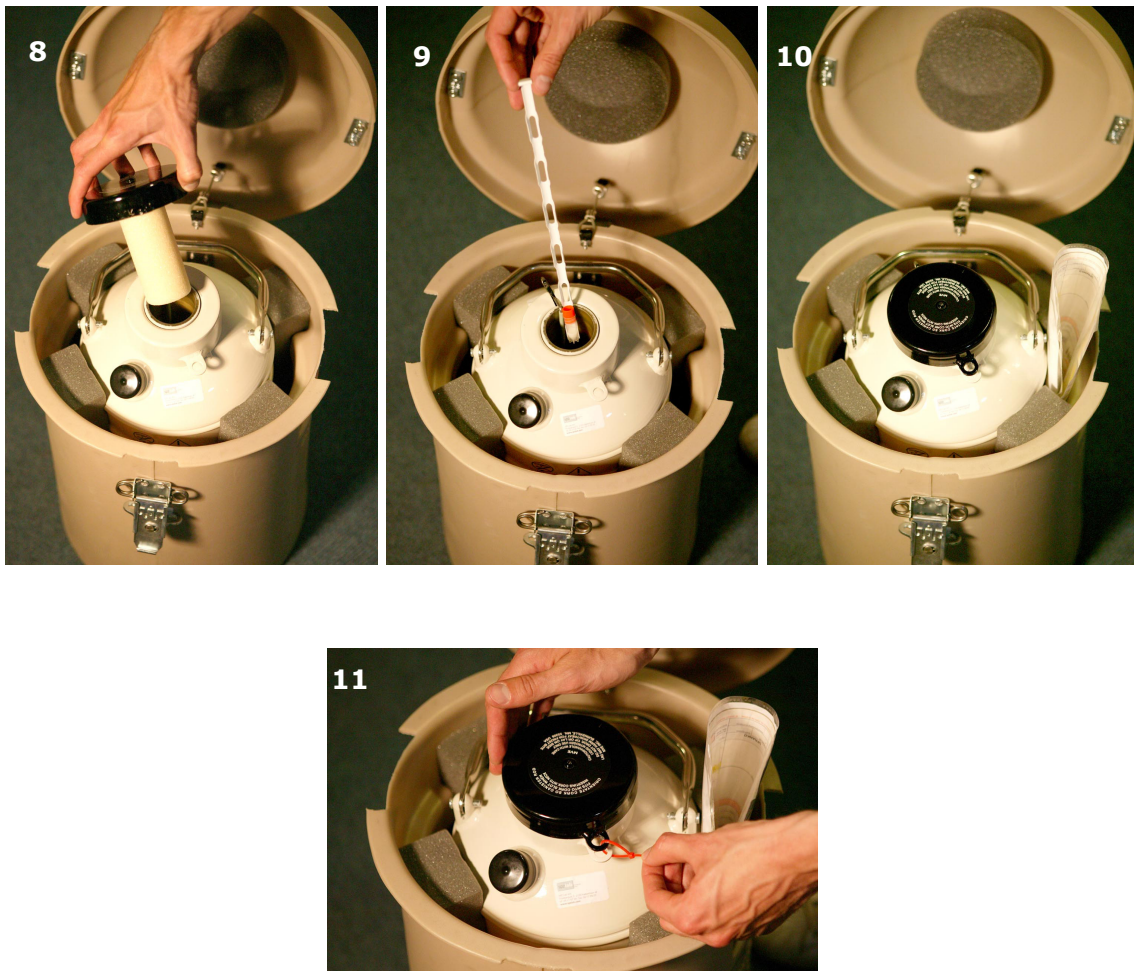
The plastic pipette has a black line indicating 0.5 ml. With the plastic pipette you suck up approximately 0.5 ml of the semen and place it in the cryo vial. To mix it with the diluent, the semen and diluent are sucked up by the pipette and then placed gently in the cryo vial. This procedure is repeated,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

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 an invitation to complete the SPZ Lab Self-Assessment Questionnaire (SAQ). 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. The factors causing DNA fragmentation in the sperm is often also important for your general health. Improving your fertility is therefore also likely to improve your general health.

We will send you the SAQ Report within 1 week. We routinely look at questionnaires on Wednesdays and send the reports on Thursday or Friday.