



# International Cryogenics, Inc.

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## SPECIMEN COLLECTION PROTOCOL

For the most accurate results follow these steps prior to your appointment.

1. Abstinence from an ejaculation should be approximately 3 days (72 hours), but no longer than 1 week if possible. If banking due to illness don't worry about prolonged periods of abstinence.
2. Refrain from alcohol consumption (anything more than 1 drink) for at least 48 hours.
3. Avoidance of over-the-counter cold medications or antihistamines is recommended due to their effects on the viscosity of the specimen. If the medication(s) has/have been taken on a long term basis, discontinuing prior to appointment may not be effective.
4. If increased viscosity is a known problem, you may try taking Robitussin (following instructions on the bottle) approximately 2-3 days before his appointment. Increased consumption of pineapple juice or fresh pineapple and lots of water has also been known to help.
5. If possible avoid use of muscle relaxers or prescription pain medication stronger than aspirin/acetaminophen/ ibuprofen for at least 48 hours.
6. It is recommended that the specimen be collected at our office. Specimens are usually higher quality when collected at our lab, we can start working on the specimen sooner than when it is brought in from home. If this is not possible, special transport instructions must be followed. The specimen being transported from another location must be kept at body temperature avoiding hot/cold fluctuations. Ideally, transportation of the specimen should be inside clothing - next to the body. Transportation should take no longer than 45 minutes from the time of collection, if possible. Specimen must be collected in a sterile specimen container.
7. The specimen should be collected by masturbation. Other ways of collection can affect the quality of the specimen. If there is a problem of collecting the specimen by masturbation, a seminal collection device (SCD) can be provided with instructions for proper usage.
8. Lubricants should not be used when collecting a specimen. This includes saliva. If needed, capacitation medium can be used for lubrication. It is important that the entire ejaculate is collected. Any spillage must be recorded.