

Check if sperm wash medium (glass vial) is in your box?

**ANDROLOGY STAFF**

Use QR code provided for adjustment calculation.



# Important Information

- **Upon receipt**, refrigerate the sperm wash medium, if provided.
- **Upon receipt**, place cold pack in freezer, if provided.
- **DO NOT refrigerate** ProteX sterile packaged cup before or after collection.
- **ProteX is intended for single use.** DO NOT share ProteX with anyone.
- **Collect directly into ProteX.** DO NOT collect your sample in a condom or other container.
- **DO NOT collect during sexual intercourse** as sperm quality may be affected.
- **DO NOT use lubricant**, lotion, or saliva during masturbation.
- **You must not ejaculate** ("abstain") for **2-3 days prior to collecting your sample.** Not LESS than 2 days but MORE than 3 days.
- **You cannot** collect your sample on Fridays, Saturdays, or Sundays.

Our fertility advisors are here to help.

## Questions?

Review your ProteX experience.  
[Help other couples.](#)



Take an anonymous 5-minute survey to rate your at-home experience. Scan the QR code with your smartphone camera to get started.

Tag us on social media.



@ProteXFertility



@protexfertilityusa

Visit [rsifertility.com/contact-us](https://rsifertility.com/contact-us)  
 Call 1.800.465.0368

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Read these instructions before you begin.

# Welcome to your fertility future

Thanks for choosing ProteX™ to help improve your chances of success. We're happy to be part of your fertility journey.

Now, take it easy. Relax at home. Stay in the moment. You've got this.

*Your ProteX team*



If return label is provided, seal box for shipping and attach label to top and immediately drop off at a UPS store or UPS Access Point before 3:00PM Monday – Thursday. Your shipping label is prepaid and ready to be returned to our lab. NOTE: Do not use a UPS Drop Box.

- COLLECT**
- 1 Wash your hands and genitals with soap and water. Dry yourself with a clean towel.
  - 2 Collect your semen sample via masturbation into the ProteX cup containing the sperm wash medium, if provided.
  - 3 Secure the lid tightly onto the ProteX container to avoid spills.
- SIGN**
- 4 Fill out the sample information label and apply circle part of label to top of ProteX lid, with tamper-evident flap folding down on the side.
- RETURN**
- 5 Do not refrigerate or warm ProteX after collection. Keep at room temperature.
  - 6 Place sealed ProteX in biohazard bag & seal bag.
  - 7 Place in insulated holder. Add the frozen cold pack to the box.
  - 8 Return your labeled sample with these instructions to your fertility center per their instructions. Use mailer box to transport keeping ProteX upright.

- SPERM WASH MEDIUM**
- 1 Open the sterile packaging of the squeeze dropper, being careful not to touch the pointed tip.
  - 2 Remove the aluminum seal and rubber stopper of the sperm wash medium bottle.
  - 3 Gently squeeze the bulb of the dropper, the place the open tip into the bottom of the sperm wash medium bottle.
  - 4 Slowly release the bulb until all the sperm wash medium fills the dropper and the medium bottle is nearly empty.
  - 5 Place filled dropper tip into the well of the ProteX container.
  - 6 Gently squeeze the bulb to dispense the sperm wash medium into the ProteX container, making sure there is no medium left in the dropper.

SKIP STEP 4 if sperm wash medium was not provided.

4 Add room temperature sperm wash medium to ProteX container as recommended by your fertility specialist.

- PREP**
- 1 Remove sperm wash medium bottle from refrigerator 60 minutes BEFORE semen collection. Allow sperm wash medium to come to room temperature.
  - 2 Wash your hands with soap and water, and then dry them with a clean towel.
  - 3 Open your sterile sealed pouch and place ProteX on a flat, stable surface.
- SKIP STEP 1 if sperm wash medium was not provided.
- Refer to instructions provided by your fertility specialist.

If sperm wash medium was provided, read both sperm wash medium and ProteX instructions before following these steps.

## How to collect semen in the ProteX container