

## Quick Tips From Orchid

Thanks for ordering our At-Home Male Collection Kit and Sperm Analysis! We created this short guide to help you successfully complete your collection:

1. We ask that you abstain from ejaculating for 3 days prior to collecting your sample. Doing so will allow us to provide you with the most accurate results.
2. Add your sample to the collection cup, then add the preservative to the collection cup.
3. Screw the cap on the collection cup and place it back in the package along with the temperature pack. **Do not** place your sample in the refrigerator!
4. Place the kit in the UPS shipping bag and drop it off at your local UPS **that day!**
  - o Once sperm are exposed to air, they begin to lose motility (their ability to move). We include a preservative in your kit that allows your sperm to survive the 24-hour trip back to our semen analysis lab.
  - o Don't worry about the shipping cost! We include a prepaid shipping label for you to send the package to the lab.
5. Please complete your collection between Monday (morning) - Thursday (morning). Doing so will give our lab enough time to properly analyze your sample. At this time, our lab cannot receive samples on the weekend.

If you have any questions at all during the collection process, do not hesitate to reach out!

- Website chat tool
- Email: [support@orchidcrew.com](mailto:support@orchidcrew.com) (preferred)