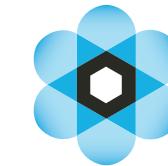


How to collect a semen sample from home

Your home collection kit contains: (1) specimen bag, (1) test requisition form, (1) sample cup labeled with patient name and DOB, (1) sterile cleansing wipe (1) pre-paid FedEx clinical return pak



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Follow these steps:

Check	Make sure your information is correct on the test requisition form and collection cup.
Write	Write the date you collect your sample in the highlighted area on the test requisition form.
Clean	Thoroughly wash your hands. Gently cleanse and wipe genital area using sterile wipe provided (focusing on tip of penis).
Collect	(1) Remove lid from cup. (2) The sample must be collected from masturbation with no use of lubricants or saliva. (3) Ejaculate into collection cup. (4) Tightly seal cup.
Pack	Place your sample in the specimen bag and close it. Put your folded requisition form in the outer sleeve and seal the specimen bag in the pre-paid FedEx clinical return pak.
Send	Call 1-800-GO-FEDEX to arrange pick up of your sample. Or drop it off in a FedEx box or at a FedEx shipping center.*

*Please note, samples shipped out on Fridays will be accepted for Saturday delivery and testing.

Questions? We're here to help.

Call **1-240-813-8801** Monday through Friday, 8 AM to 9 PM ET.
Or email us: reports@cirrusdx.com