

A composite image featuring a smiling man with curly hair, a word cloud with health-related terms, and a microscopic view of sperm cells. The man is on the left, smiling broadly. The word cloud is on the right, with the word 'HEALTH' in large blue letters. The microscopic view is in the bottom left corner, showing a red egg cell surrounded by white sperm cells.



MENTIDIMEDICA BIOTECH



THE ART OF *MALE FERTILITY*

SPERM FERTILITY CHECK

Self Test for Male Fertility Potential

General information

Around 10-15% of reproductive-age couples experience infertility, and 40-50% of these cases are linked to sperm-related issues. The Sperm Fertility Check is a tool designed to assess whether a sperm sample exhibits normal or subnormal activity. Sperm with normal activity levels are more likely to improve the likelihood of achieving pregnancy.

Warnings and precautions

Keep the kit out of reach of children. The blue dye included is toxic and should not be ingested as it poses a risk if swallowed. It can also irritate the skin, eyes, and respiratory tract. Ensure you thoroughly read all the information provided in this pamphlet before conducting the test. Familiarize yourself with the procedure first. To reduce the risk of contaminating the dye, avoid any contact with the tip of the dye bottle.

Storage and use

The Sperm Fertility Check kit is effective for up to 24 months from the manufacturing date and should be kept within a temperature range of 2-30°C in its original, sealed packaging. Opening the color dye bottle does not affect its shelf life, provided there is no contact with the bottle's tip or the dye itself. Conduct the test at a room temperature between 20-30°C. Performing the test in an environment that is too cold may cause the water's temperature in the cup to drop rapidly, potentially leading to inaccurate, false negative results. The test tubes and funnels are designed for single use only; dispose of them after one use and use a new set for any subsequent tests.

Material included with the kit

- color chart
- funnel x 2
- test tube x 2
- water cup with snap cap
- thermometer x 2
- squeeze bottle with dye
- Sterile urobex x 2

Material not included with the kit

Hot water (48°C to 50°C), a drinking glass and incandescent light.

Instructions for use

1. The reagent bottle's dye should be a dark blue color, matching the "Control" hue on the color chart. If the dye appears clear or pink, it indicates a defect, and you should return the kit. If the dye's color is as expected, proceed to step 2.
2. Open an urobex by removing its packaging. Take off the cap and collect the sample by masturbating directly into the urobex.
3. Allow 30 minutes for the sperm sample to liquefy and filter through the funnel into the test tube. After this period, remove the funnel and dispose of it in the trash together with the urobex.
4. Observe which number on the test tube aligns closest to the top of the sperm sample. If the top of the sample falls midway or more between two numbers, record the higher number. This will determine the number of dye drops you need to add to the sperm sample. If the sperm sample's top is below the number 1, which is etched on the conical part of the test tube, the sample is too small for an accurate test result. Turn the reagent bottle upside down over the test tube and carefully squeeze out the specified number of dye drops onto the sperm sample. Reattach the cap to the test tube and shake it well to mix the dye with the sperm sample. The mixture should now turn blue or purple.
5. Turn on the hot water until it becomes just too hot to comfortably touch. Fill a drinking glass to approximately 3/4 of its capacity with hot water (ensure it's not boiling) and attach the thermometer in the drinking glass. Once the correct temperature 48°C to 50°C is achieved, insert the test tube into the water. Record the time. Avoid placing the drinking glass near open windows or air conditioners to maintain temperature stability. Practicing this step prior to sample collection can be beneficial.
6. Sixty minutes after placing the test tube in the drinking glass, carefully remove it, dry the exterior with a towel or tissue, and then shake the test tube vigorously 4 or 5 times. This action is intended to ensure the dye is thoroughly mixed throughout the sperm sample, achieving even color distribution.
7. Place the white section of the color chart behind the sperm sample to compare its color. Hold both the test tube and the color chart approximately 7 to 10 cm (3 to 4 inches) away from an incandescent light source (avoid using fluorescent lighting). Slide the test tube across the row of colors on the chart to find the closest match, understanding that it might not be an exact match. Observe whether the closest color match falls within the Positive (+) group, indicating normal fertility potential, or the Negative (-) group, suggesting less than normal fertility potential. It's crucial to ensure that no fluorescent lights are on while assessing the test results to avoid any discrepancies in color perception.

Interpretation

Due to the test's expected color transition from dark blue to red and pink, individuals with red color blindness are advised against interpreting the results. If the color aligns with the Positive group, there is an 86% likelihood of normal sperm activity (20 million or more active sperm per milliliter of fluid), indicating favorable fertility potential. However, this does not assure pregnancy, as various factors influence fertility in both partners. Should pregnancy not be achieved within four months, it's recommended to seek medical advice.

Conversely, if the color matches the Negative group, there's an 86% chance that sperm activity is below normal (fewer than 20 million active sperm per milliliter of fluid), making pregnancy less probable, though not impossible. In such cases, consulting a physician is advisable. A Negative result should not be interpreted as an impossibility of pregnancy nor should it be considered a justification for forgoing contraception.

Questions and answers

- **Why does the kit contain material for two tests?**

The kit includes materials for two tests because sperm quality can fluctuate between samples from the same individual due to various factors such as activity levels, diet, environmental conditions, and other unknown elements. Therefore, the outcome of the first test is best validated by comparing it with a second test conducted after a minimum one-week interval. Typically, the results of both tests will align. However, if there is a discrepancy between the two, it's advisable to seek a more detailed semen analysis in a medical laboratory to obtain an accurate evaluation.

- **How long should I abstain prior to the test?**

Refrain from ejaculating for a minimum of three days and a maximum of ten days prior to conducting the test.

- **Thirty minutes after ejaculation the majority of the specimen is still not liquefied. Should I wait longer?**

Yes, wait an additional 10 minutes. If, after this period, the sperm sample has not liquefied the test should be considered invalid and cancelled. It is advisable to consult with a physician in such cases. It is normal for a small amount of the specimen to remain on the urobex, and this should not affect the test's outcome.

- **The top of my specimen was closest to the number 2. By mistake I added 4 drops of test liquid instead of 2 drops. Should I continue the test?**

No, the result might not be reliable. Please discard this test and, after waiting three days, conduct another one with the second set of test materials provided.

- **What can cause a low sperm count or poor sperm movement?**

Exposure to excessive heat, such as through hot tub use or experiencing fevers, can negatively impact sperm quantity and quality. High fevers can influence test results adversely for up to three months following the illness. The consumption of illicit drugs, excessive alcohol, and smoking cigarettes can all lower sperm counts or impair sperm motility. Furthermore, certain medications can detrimentally affect sperm. Various conditions may lead to reduced sperm quality, but many of these can be treated successfully. If the condition is incurable, artificial reproduction techniques can often still be employed with success in most cases.

- **Can I collect the sperm sample in a condom?**

No, typical condoms are treated with a chemical that destroys sperm, making them unsuitable for collecting a sperm sample. However, non-medicated sheaths are available for this purpose. Consult your physician regarding where to obtain them. Additionally, it's important not to collect the sperm sample through withdrawal during intercourse, as the initial portion of the ejaculate, which contains the highest quality sperm, may be lost.

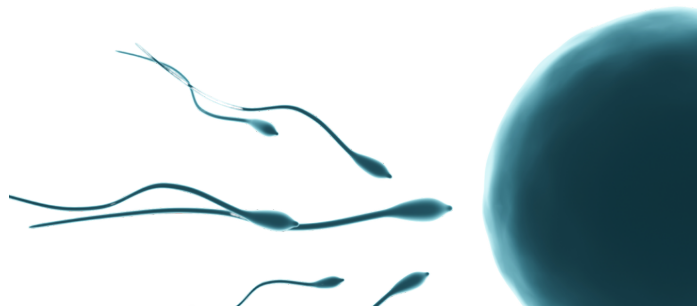
- **My sperm sample did not reach the 1 mark on the test tube. What can I do?**

Attempt the test again, this time with a longer abstinence period of 10 days. This extended duration may help increase the sperm sample's volume. If, after this second attempt, the sperm sample still does not reach the 1 mark on the test tube, it's advisable to seek further evaluation from a physician.

Bibliography

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2 TESTS

ENTIRE SAMPLE
TESTED FOR
BETTER ACCURACY



sperm fertility check

COLOR
SELFTEST
FOR MALE
FERTILITY

The Sperm Fertility Check self test kit is the best male fertility self test kit on the market as it tests both sperm motility (movement) and sperm count giving an accurate and informed result of sperm fertility potential.

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