

At-Home Insemination Tank and Specimen Handling Instructions

A Receipt of package

General information

California Cryobank ships specimens in “dry” shippers, which have been validated (at room temperature in an upright position) to maintain the temperature of the specimens below -150°C during the shipping process. It is important that you take proper safety precautions when handling the shipper and/or specimens by wearing eye protection and gloves (examples: gardening, working, or dishwashing gloves) to protect you from both biohazard and the extremely cold temperature created by liquid nitrogen vapor within the dry shipper.

⚠ DO NOT TOUCH THE INNER CONTENTS WITH A BARE HAND.

Initial receipt

Upon the initial receipt of the package, **IMMEDIATELY** check the condition of the tank and perform an inventory of the specimen in the following manner.

Check the tank conditions as follows:

- 1 Open the box, but do not remove the tank from the box.
- 2 Set aside and save the inner foam inserts. You will need them to return the tank in the same condition in which it arrived.
- 3 Verify that there is a blue sealed strap securing the tank lid to the tank, and then cut the blue strap to gain access to the tank.
- 4 Lift the cap off the tank by raising it straight up (do not twist).
- 5 Visually observe the presence of cold vapor (smoke) when the lid is removed from the tank.

Check the specimen inventory as follows:

- 1 Compare the shipping document to the actual specimen label on the vial.
- 2 Verify that the item number, the item description, and the quantity received are correct.
- 3 If you are not using the vial(s) immediately, return the vial(s) into the tank and close the lid securely.

⚠ If any of the following conditions exist please notify California Cryobank immediately at 866-927-9622. Do not use the specimen(s) unless approved by California Cryobank.

- The blue strap seal is broken or missing upon receipt.
- The tank does not have the presence of cold vapor (smoke) upon initial opening of the shipper.
- The specimen item number, item description, or quantity received on the shipping document do not match the specimen labels.

At-Home Insemination Tank and Specimen Handling Instructions: read before proceeding

Adverse outcomes potentially attributable to tissue must be reported promptly to California Cryobank. Media used to prepare semen specimens contains human serum albumin. No known test methods can offer absolute assurance that products derived from human blood will not transmit infectious agents.

At-Home Insemination Tank and Specimen Handling Instructions

B Thawing & utilization of specimen

General information

While we provide general instructions on the handling of sperm vials for at-home insemination, we strongly recommend you consult with a physician or women's healthcare professional prior to attempting this procedure. For example, timing with your menstrual cycle is an important variable in determining the success of an insemination. It is your responsibility to appropriately maintain the specimen(s) prior to insemination.

Please reference your Purchase and Storage agreement regarding the terms of donor insemination. Please note that genetic disease and infectious disease screening reduces the risk of transmitting inherited and infectious diseases but does not eliminate the possibility. No known test methods can offer absolute assurance that human semen will not transmit infectious agents.

A note on vial types: intracervical (ICI) vs. intrauterine (IUI) insemination vials

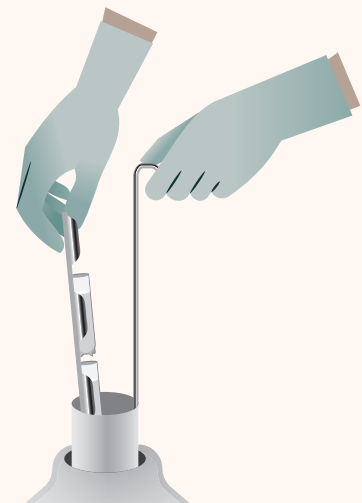
California Cryobank prepares both intracervical insemination (ICI) and intrauterine insemination (IUI) vials. The vials would be handled slightly differently by a physician's office depending on the procedure planned, intracervical insemination, intrauterine insemination, or in vitro fertilization. These differences in laboratory processing are not relevant to the at-home insemination procedure. **Both ICI and IUI vials are suitable for at-home, vaginal insemination with no further preparation needed.** You may note that there are different volumes associated with each vial type. This is related to the type of processing that produced the vial:

- ICI vials measure 1.0 mL in volume and consist of semen (sperm + seminal fluid) preserved in a cryoprotectant fluid. ICI vials contain approximately 10.5 to 19.5 million total motile sperm per vial.
- IUI vials measure 0.5 mL in volume and consist of sperm that has been washed to remove the majority of the seminal fluid, to which cryoprotectant is added. IUI vials contain approximately 7 to 13 million total motile sperm per vial.

i Note: Studies show that there is no incremental benefit to introducing greater than 5 million motile sperm per insemination, thus there is no benefit to using one type of vial over another for the purposes of at-home insemination. Even if you have purchased an IUI vial, do not attempt an intrauterine insemination at home.

Thaw instructions

- 1** While wearing gloves, remove the metal cane from the sleeve of the tank. Examples of gloves may be gardening, working, or dishwashing.
- 2** Remove only the vial(s) selected for immediate use.
- 3** Place vial(s) upright at room temperature until the initial frost is gone, approximately 3-5 minutes.
- 4** Hold the vial upright in your hands to bring the vial to body temperature. **Do not invert the vial.**
- 5** Proceed to the next section on how to use the specimen.



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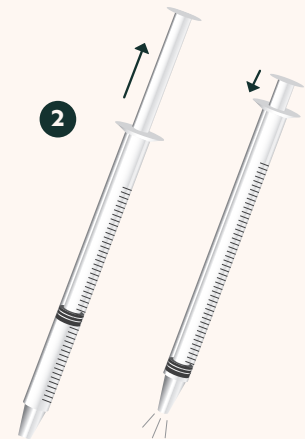
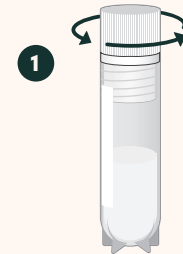
B Thawing & utilization of specimen

Use instructions

Do not attempt intrauterine insemination of any specimen at home. The insemination syringes provided are suitable for vaginal insemination only.

The following steps are provided as a courtesy and are intended as a basic general guide. Please contact your medical professional with any specific questions regarding the insemination process.

- 1 Unscrew the vial cap slowly by holding the vial upright and turning screw cap counterclockwise.
 - 2 Pull back on the syringe plunger to draw in a small amount of air. Push on the plunger to expel the air.
 - 3 Insert the syringe into the sperm vial and draw the entire contents into the syringe. If the sperm solution is too thick or viscous to draw into the syringe, allow it to sit at room temperature no more than 30 additional minutes to liquefy.
 - 4 Keeping the syringe pointed slightly downward, lie on your back with your hips elevated and your knees bent and slightly apart.
 - 5 Gently slide the syringe into the vagina. Advance the syringe slowly and carefully toward the cervix until you feel firm resistance. Once you feel resistance, the syringe is near the cervix. Pull back slightly and slowly depress the syringe plunger to completely express all the contents.
 - 6 Remove the syringe and remain lying down with hips slightly elevated for 20-30 minutes to allow for maximum exposure of the sperm to the cervix. If possible, pull your knees in toward your chest to prevent the sperm from leaking out.
- ! REPORT ANY SEVERE AND/OR PROLONGED UTERINE CRAMPING TO YOUR HEALTHCARE PROVIDER IMMEDIATELY.**
- 7 It is possible (and normal) for a small amount of semen to exit the vagina minutes after the insemination.
 - 8 Dispose of the used syringe and vial. Do not return the used items with the tank.



At-Home Insemination Tank and Specimen Handling Instructions

Tank return

General information

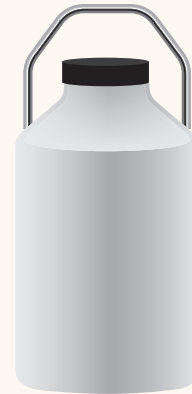
You are responsible for returning the tank to California Cryobank.

If the returning tank still contains specimens, please call client services at **866-927-9622** for further assistance. Please note that California Cryobank cannot buy back specimens due to late shipments, miscalculated cycles, or missed cycles.

In order to avoid a late-return fee, the tank must be returned on or before the deadline indicated on the packing slip/shipment document. Failure to return the tank will result in a replacement fee of \$700.

Preparing a tank for return

- 1 Place the metal cane back inside the tank.
- 2 Slowly close the tank lid.
- 3 Place the top cardboard/foam shipping cushion on top of the tank.
- 4 Close the box and seal with clear packaging tape.
- 5 Add the return label (included in the shipping paperwork) to the outside of the box.



Tank return

You have been provided with a plastic pouch and a FedEx return airbill.

- 1 Place the airbill into the plastic pouch and attach it to the top of the box. It is recommended that you retain a copy of the shipping documents for your records.
- 2 Call FedEx at the phone number provided on the enclosed shipping document to request tank pickup.
- 3 Record the tracking number for your records.

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