Delivery Information

Important information about your delivery of Cryos donor sperm
Upon receipt, open the cardboard box and check carefully the enclosed papers. If the straws are not used right away, close the box again to ensure optimal durability of the dry ice. Use thick gloves to avoid skin contact with the dry ice.

Pour out the dry ice and remove the two plastic bags with the insemination kit and the straw(s). Depending on the transport time, the volume of dry ice left in the package will vary. You can also see our video “Handling of Dry Ice Box” on our website.
Please check the enclosed papers and the insemination kit in the envelope carefully.

At page 6 to 7 you can learn more about the handling of straws. You can also see our video “Handling of Nitrogen Tank” on our website.

Handling of Nitrogen Tank

Step-by-step instructions on how to open the nitrogen tank
Handling of Straws

Step-by-step instructions on how to empty the straw(s). Please check your straw type on the enclosed packing list and read the instructions carefully before emptying the straw(s)

**Step 1**
Thaw the straw at room temperature for approximately 15-20 minutes.

**Step 2**
The insemination kit contains:
- 1 adaptor
- 1 syringe
- 1 alcohol pad

**Step 3**
Fit the thick end of the adapter onto the syringe.

**Step 4**
Clean the straw with the alcohol pad.

**Step 5**
Cut the sealed end of the straw (max. 0.5 cm) opposite the end with the ID-number/name using a pair of scissors.

**Step 6**
Place the cut end of the straw into the thin end of the adaptor.

**Step 7**
Check your straw type on the packing list. CBS 0.5 ml straws: Cut off the other end of the straw 2.5 cm from the top of the straw by the ID-number.
CBS 0.4 ml and IMV straws: Cut off the other end of the straw just below the plug under the ID-number.

**Step 8**
The syringe can contain sperm from 2 straws. Keep the syringe upright. Slowly draw the content of the straw into the syringe. If you want to fill the syringe with sperm from two straws, do not draw the content of the first straw to the bottom of the syringe. Stop at the 0.5 ml mark on the syringe, place the second straw on the adaptor and draw the content into the syringe.

You can also see our video "Handling of Straws" on our website.

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| 0 cm | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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Home Insemination

All about timing
The timing of the insemination is very important. Insemination should take place as close as possible to the ovulation which is normally 13-14 days after the first bleeding day in the menstrual cycle.

Ovulation tests can help you identify your fertile window
Ovulation tests (Urine Luteinizing Hormone tests) can be purchased at any pharmacy.

This period varies from woman to woman, and therefore ovulation tests should be used. These can be purchased at any pharmacy. Insemination should take place 24-36 hours after a positive ovulation test.

Getting started
We recommend using minimum 2 straws of sperm per insemination. If the timing is right, only one insemination per cycle is sufficient.

After thawing the straws you should perform the insemination within the next 20 minutes. Lie down in a comfortable position in which you can remain for 30 minutes. Raise your hips with a pillow to get a downward direction/angle of the vagina.

The insemination
Insert the syringe far into the vagina as close to the entrance of the cervix as possible. Relax and inject the sperm gently and slowly. Leave the syringe for a few seconds then remove it slowly and stay in the position for the next 30 minutes.

Pregnancy registration
Please remember to register your pregnancy online with Cryos in order to respect pregnancy quotas.
Return of Nitrogen Tank/Shipping Box

If you have received a nitrogen tank from Cryos containing your delivery of straws we would like to ask you to return the tank as quickly as possible.

Courier door-to-door service
To return the nitrogen tank simply schedule a pick-up time with the courier service on www.cryosreturn.com.
You can also schedule the pick-up directly on the courier’s website or by phoning the courier. Please use the preprinted and prepaid return label which is enclosed in the envelope. Other information required by the courier such as weight is shown on the return label as well.

Placing the return label
You have received a return label. Please use this for return of the nitrogen tank. Simply remove the old shipping label and place the return label on the nitrogen tank/shipping box. If the old label cannot be removed, place the return label on top of old label. It is very important that only the return label is visible on the nitrogen tank/shipping box.

Terms of Agreement
The tank is the property of Cryos. The client must return any nitrogen tank and its shipping box without undue delay. If the nitrogen tank has not been shipped to Cryos within 7 days after delivery has taken place, Cryos is entitled to demand a weekly rent (at present EUR 100 per commenced week) from the client.

Reservation of Donor Sperm for Genetic Siblings

If you wish to have genetic siblings we recommend that you reserve sperm for future treatments well in advance.

Reserve your donor sperm online
By making a reservation you ensure that donor sperm from your chosen donor will be available when you need it and that any siblings can be genetic siblings.
We recommend that you reserve donor sperm for 5-6 treatments per pregnancy.
You can read more about reservation of donor sperm and make your online reservation on our website.

Advantages of reserving donor sperm
- Ensure genetic siblings
- Do not risk having to change your donor in the middle of a treatment process if the donor has been sold out
- Possibility of receiving a partial refund for undelivered straws that are still in your reservation depot with Cryos

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Please do not hesitate to contact us if you have any further questions.

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