



path

## Instructions:

1. Remove all contents from the box.
2. Collect sample at least 2 days after your last ejaculate.
3. Wash hands then collect semen sample in provided collection cup.
4. Fasten cap tightly (you'll hear 2 clicks).
5. Put cup in padded white envelope and seal.
6. Place envelope into the empty box (prepaid shipping label is on the box).
7. Seal box with provided sticker and ship via USPS.