

Artificial Insemination Kit Instructions

Thank you for your purchase of a Pride Angel Insemination Kit. Your kit will contain all that is needed to achieve successful insemination.

Standard Insemination Kit contains:

- 2 x FSH female fertility tests
- 6 x Ovulation tests
- 3 x Pregnancy tests
- 6 x 5ml syringes
- 6 x Semen sample containers
- 3 x Urine collection containers
- Basal body temp/ fertility chart
- Insemination instructions

Deluxe Insemination Kit contains:

Contains all products within standard kit plus:

- 3 x Disposable vaginal speculums
- 6 x Syringe extenders
- Babystart FertilSafe PLUS fertility 3 applicators
- Folic acid vitamins (90 tablets)
- Top tips for successful conception

Deluxe Plus Insemination Kit contains:

- Clearblue digital ovulation tests - 10 tests
- 1 x Clearblue digital pregnancy test – 2 tests
- 1 x One-step pregnancy test
- Babystart FertilSafe PLUS fertility 8 applicators
- 2 x FSH female fertility tests
- 6 x 5ml syringes
- 6 x Semen sample containers
- 3 x Urine collection containers
- 3 x Disposable vaginal speculums
- 6 x Syringe extenders
- Folic acid vitamins (90 tablets)
- Insemination instructions
- Top tips for successful conception

Deluxe Complete Insemination Kit contains:

Contains all products within the Deluxe Plus Kit plus all of the items below:

- Fertilcount Male Sperm Count Test
- Babystart FertilCare Female Fertility Supplement– Fertility Support for Women
- Babystart FertilMan Fertility Vitamin Supplement– Fertility Support for Men

One Step Home FSH Female Fertility/Menopause Test Kit Strip (Urine)

A woman's fertility starts to decline after she gets to 30 but what you probably did not know is that the hormone FSH (follicle-stimulating hormone) is intimately involved with a woman's fertility and rising levels tend to be associated with reduced fertility/menopause. FSH is the hormone that maintains the regular function of your ovaries and sex hormones and it is a useful aid to assessing your fertility. This test is especially useful for women with irregular cycles and also women aged 30 or over.

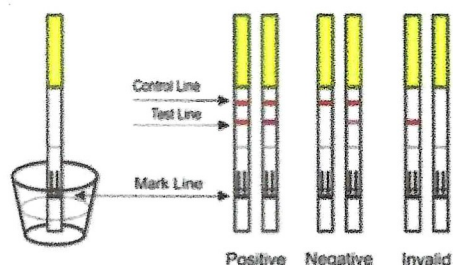
This Female Fertility Test detects FSH in urine at concentrations of 25mIU/mL or greater.

This test kit includes individually foiled FSH Tests Strips and complete instructions.

Directions for Use

Read all instructions carefully.

1. Determine the day to begin testing. You should take the first test on Day 3 i.e. 3 days after you start your period. Test 2 should be carried out 7 days later and the third test 7 days after the second test on so on.
2. Collect a urine sample in a clean and dry container.
3. To begin testing, open the sealed pouch and remove the strip. Do not remove the strip until you are ready to begin testing.
4. With the arrows pointing downwards towards the urine, place the test strip vertically (straight) into the urine sample, for at least 10 seconds. DO NOT allow the urine to go above the MAX (maximum) level line.
5. Remove the strip from the urine and place on a clean, dry surface. For best results you should read the results at 5 minutes. 6. Wait for coloured bands to appear. Depending on the concentration of FSH in the urine specimen, positive results may be observed in as short as 40 seconds. Do not read the result after 10 minutes. A positive result is where the test line is as dark or darker than the control line.



Note:

The first morning urine contains the highest level of FSH and is the best for testing. Urine collected during the day will contain lower levels of FSH and may cause false negatives. Do not drink excess fluids after midnight before testing in the morning.

- Store at room temperature 15-30 C (59-86 F) • For in-vitro diagnostic use only. Not for internal use.
- Keep away from children. • Each test should be used only once. Discard after use.

Understanding your results

Positive - If the test result is positive, then you must repeat the test one week later using the second test to confirm the result. FSH elevates for short periods in normal cycles but it is the extended elevation of FSH, which could indicate a fertility problem or premenopausal state. If the second and/or the third test is also positive you should make an appointment to visit your doctor. A positive result means that FSH levels are high, which can be an indicator of pre-menopausal state and if symptoms such as irregular periods, hot flushes, mood swings, insomnia and fatigue exist, you should discuss your result and symptoms with your doctor.

Negative - A Negative Test result indicates that your FSH levels are not raised. However, if you do have irregular periods or any menopausal-like symptoms we still recommend you see your doctor.

Invalid - If a red line appears in the test region but there is no visible line at all in the control region of the strip then the test is invalid. If no lines appear anywhere on the test strip then the test is also invalid and should be repeated using another test strip.

One-step Ovulation tests

Insemination must be undertaken within the correct 'fertile window' of your menstrual cycle. To detect this 'fertile window' it is important to use the ovulation test strips.

The end of the ovulation test strip is dipped into a morning sample of urine, this should be done daily at the same time each day within the middle of your cycle days 12-18, with day one being the first day of your cycle. Once your day of ovulation has been determined then this information will help predict the best times for inseminations to start the following month.

Insemination should commence 2-3 days before ovulation is due, and then be performed every 48hr after for 2-3 times within a month, for example if you ovulate on day 14 then inseminations would take place day 11, day 13 and day 15. or if only 2 inseminations are to be performed per month, then day 12 and 14 would be preferable.

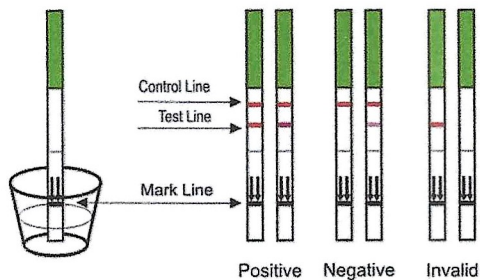
Cycle Chart

Usual cycle length	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Days to begin testing	06	06	07	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23

If your cycle is normally 28 days, the cycle chart above indicates you should begin testing on Day 11. The calendar below shows you how to work out when day 11 is.

TEST PROCEDURE:

1. Determine the day to begin testing.
2. Collect urine sample in a clean and dry container.
3. To begin testing, open the sealed pouch and remove the strip. Do not remove the strip until you are ready to begin testing.
4. With the arrows pointing downwards towards the urine, place the test strip vertically (straight) into the urine sample, for at least 10 seconds. **DO NOT** allow the urine to go above the MAX (maximum) level line.
5. Remove the strip from the urine and place on a clean, dry surface. For best results you should read the results at 10 minutes.
6. Wait for coloured bands to appear. Depending on the concentration of LH in the urine specimen, positive results may be observed in as short as 40 seconds. However, to confirm negative results, the complete reaction time of 30 minutes is required.



Clearblue digital ovulation tests

We have included these Clearblue ovulation tests within our Deluxe Plus and Deluxe Complete insemination kits.

The Clearblue DIGITAL Ovulation Test detects the rise of the ovulation hormone LH 24-36 hours prior to ovulation and identifies the 2 best days to conceive in a given cycle. Performing insemination within these 2 days, or before gives you your best chance of conceiving.

The Clearblue DIGITAL Ovulation Test is the most effective home ovulation test kit³. It gives you clear digital results, so there's no need to interpret the lines and gives you more test sticks than any other brand, making it more effective at detecting your LH surge.

You use the Clearblue DIGITAL Ovulation Test once a day at the same time each day, on the days around the time when you expect your LH surge. It identifies the days in your cycle when you are most likely to conceive.

It is performed by inserting a cartridge into the holder and holding the absorbent sampler in the urine stream for 5-7 seconds. The 'test ready' symbol will flash to show that the test is working correctly and within minutes, the result will be displayed. A 'smiley face' means the LH surge has been detected, and ovulation will occur within 24-36 hrs. A 'blank circle' means that no LH surge has been detected and it should be repeated using another test strip the following day.

For further details regarding how to use this test, please see the instruction insert, contained within the test container.

Collecting semen (sperm) sample

The sample of semen should be put into the sample pot, and allowed to settle for a minimum of 15 minutes after ejaculation to allow the sample to liquefy. Semen samples are best kept at room temperature, ideally around 22 degrees, to prevent the sperm from degrading. It is best to keep the sample pot insulated by wrapping in tissue, this maintains an even temperature and prevents damage. Do not try to keep the semen too warm especially at hotter times of the year, as this tends to cause the sperm to die off faster than if left at room temperature.

Keep the container the right way up so that the sperm collect at the bottom and the fluid gathers at the top. This will ensure that the fluid precedes the sperm when it is injected (the sperm need the fluid to enable them to swim).

Sperm should survive reasonably well for up to 2 hours following ejaculations, which allows enough time for travelling and ensuring you are feeling comfortable and relaxed before insemination.

Transport of semen

Whether the semen sample needs to be transported a distance or not, we recommend that the sample container is kept insulated. The container can be kept insulated using tissue, cotton wool or paper towelling. This can then be placed into one of our plastic grip bags provided. Try to keep the sample upright and prevent it from being shaken. Insulation also prevents light entering the sample, which again acts to protect the sperm from degrading.

We do not recommend trying to freeze samples, and suggest that time between ejaculation and insemination is kept within 2 hours for greatest success.

Recipient preparation

The recipient should ideally be relaxed and comfortable, try playing your favourite music or reading a good book. Be positive and visualise yourself being lucky and getting pregnant, as positivity is often a self-fulfilling prophecy.

Insemination – using Basic or Standard kit

Use the 5ml latex free syringe to suck up the semen sample. First expel air from the syringe, and then pull the plunger up 2mm before sucking up the semen. This minimises the shear forces on the sperm and prevents any damage. It is important not to use any lubricant, other than a 'sperm friendly' lubricant as many will cause damage to the sperm.

Following insertion of the syringe into the vagina, push the syringe at a steady speed to simulate ejaculation, but not too swiftly otherwise the sperm may become damaged due to shear forces, which is referred to as shearing. The pelvis should be kept tilted upwards, using cushions if needed, for at least half an hour. It is also advisable to try and have an orgasm following insertion of the semen. This causes the walls of the vagina to constrict, aiding movement, and also causes the cervix to dip down into the pool of semen. If this is not possible just keep your pelvis tilted to aid the sperm in their journey.

Insemination - using Deluxe kit, Deluxe Plus Kit or Deluxe Complete kit

Making sure the recipient is relaxed, insert the disposable speculum into the vagina (use the 'sperm friendly' lubricant to make this easier). Once inserted slowly open the speculum to a comfortable opening of around 2-3cms and lock in place to secure.

Use the 5ml latex free syringe to suck up the semen sample. First expel air from the syringe, and then pull the plunger up 2mm before sucking up the semen. This minimises the shear forces on the sperm and prevents any damage. It is important not to use any lubricant, other than a 'sperm friendly' lubricant as many will cause damage to the sperm.

Attach the syringe extender to the syringe (making sure it fastens securely). Insert the syringe with extender into the vagina. Being careful not place the end of the tip too close to the cervix (it is important to be careful when using an extender, to prevent any injury). Slowly push the plunger to release the semen at the base of the cervix (do not direct the semen directly at the cervix, as this can very occasionally cause cervical shock). Keeping the pelvis tilted upwards, release the lock on the speculum and slowly remove.

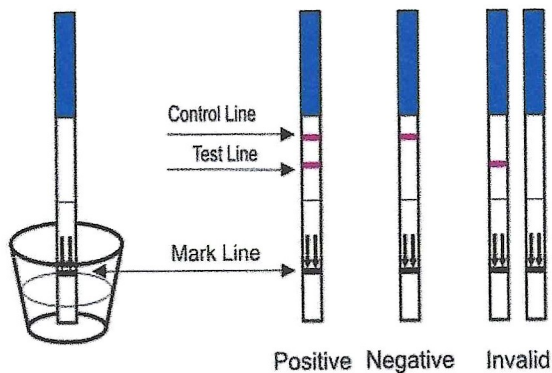
Following insertion of the semen sample into the vagina, the pelvis should be kept tilted upwards, using cushions if needed, for at least half an hour. It is also advisable to try and have an orgasm following insertion of the semen. This causes the walls of the vagina to constrict, aiding movement, and also causes the cervix to dip down into the pool of semen. If this is not possible just keep your pelvis tilted to aid the sperm in their journey.

One-step Pregnancy tests

When you are actively trying for a baby, you want to know as soon as possible if you are pregnant or not. That's why we use 10 mIU Ultra Sensitive Pregnancy Tests, which are included in both the standard and deluxe insemination kits. Unlike standard pregnancy tests these can be used 4 days before your first day of your missed period. All pregnancy tests look for the presence of HCG (human chorionic gonadotrophin) in human urine. It is this hormone produced by the placenta during pregnancy, the further along the pregnancy, the higher the levels of HCG in your urine. These pregnancy tests are also used by the NHS.

TO CARRY OUT THE TEST:

1. Bring the test pouch and urine to room temperature. To begin testing, open the sealed pouch and remove the strip.
2. Place the test strip vertically (straight) into the urine sample for at least 10 seconds, making sure the arrows are pointing downwards. **Do not allow the urine level to go above the MAX (maximum) level line (marked by arrows) on the test strip.**
3. Remove the strip from the urine and place the strip on a clean, dry surface.
4. Read results as coloured bands appear as shown in the diagram. Although positive results may appear as early as 1 minute depending on the concentration of HCG, wait for 5~10 minutes to confirm negative results. It is important that the background is clear before the result is read. Results obtained after 10 minutes may be considered invalid.
5. Discard the test after use.



Clearblue Digital Pregnancy Test

We have included the Clearblue pregnancy test within our Deluxe Plus and Deluxe Complete insemination kits. This digital pregnancy test has been developed to eliminate uncertainty for women in reading the result.

The test offers women reassurance through the testing process and literally spells out the results in a liquid crystal display 'pregnant' or 'not pregnant'. And if the result is 'Pregnant' it also provides the additional benefit of displaying how many weeks ago you conceived - '1-2', '2-3' or '3+'. This result remains for a full hour before the device switches itself off.

It can be performed at any time of the day from the day your period is due - by inserting a cartridge into the holder and holding the absorbent sampler in the urine stream for 5-7 seconds. The 'test ready' symbol will flash to show that the test is working correctly and within minutes, the result will be displayed.

For further details regarding how to use this test, please see the instruction insert, contained within the test container.

Charting basal body temperature

Charting your basal body temperature involves taking your temperature first thing in the morning at the same time and plotting onto a chart. You are looking for the temperature to peak by approx. 0.4 degrees Fahrenheit after ovulation.

- Take your temperature first thing in the morning before you get out of bed. Leave the thermometer at your bedside within easy reach.
- Try to take your temperature at the same time each day, within half an hour if possible.
- You should take your basal body temperature after having at least 5 hours sleep.
- Plot your temperature on the chart each day, but refrain from reading too much into small changes.
- Look for a temperature shift of at least 0.4 degrees over a 48 hour period to indicate ovulation. This shift should be higher than the highest temperature in the previous 6 days.
- Charting for several months will give a clearer idea of your ovulation time.
- If your temperature remains higher for 18 days after ovulation, then you should test for pregnancy.

Charting Cervical Mucus & Cervical position

To get a clearer picture of your cycle, it is recommended to chart BBT along with cervical mucus and perhaps also charting your cervical position.

Cervical Mucus

Mucus varies from dry, to sticky, to creamy, to egg-white before ovulation in most women.

- Dry is when there isn't much mucus to get your fingers on
- Sticky is when you get enough mucus for your fingers to feel sticky or tacky
- Creamy might be whitish and feels somewhat like lotion when you rub your fingers together. This mucus can be produced around your fertile time.
- Egg-White cervical mucus is called that because it resembles raw egg white. It is either clear or streaked and stretches an inch or more.

Cervical Position

Your cervix has a pattern each month, it should start out low, closed and firm. Around ovulation it shifts upwards, gets softer and feels more open. The difference is slight – like the difference between feeling your nose (firm) and feeling your lips (soft). It should only stay high for a day or two around ovulation. Before and after ovulation the cervix should be low.

One caution is that cervical position is not a reliable method to use alone for predicting ovulation, as other factors can affect cervical position, such as how full your bowels are.

Conceive Plus Fertility Lubricant

Designed to work in harmony with the body.

Clinically researched by leading experts in the field

- pH and osmolality balanced to match natural cervical mucus
- Clinically shown to improve poor sperm movement
- Designed to enhance body's normal mechanisms
- Gentle natural ingredient based formula
- Unique spray applicator for complete control

Conceive plus provides moisture without harming sperm and has been developed for use when trying to conceive, a time when many other lubricants should be avoided

Conceive plus is based on gentle natural formulation making it an ideal everyday intimate lubricant for use at other times.

Conceive plus has been designed to mimic the body's natural secretions and its specific formulation is designed to work in harmony with the body

Directions:

Conceive Plus Lubricant Applicators:

Remove the cap from the applicator. While lying down – Inset the applicator into the vagina and gently squeeze. One applicator should allow sufficient lubrication and is recommended to immediate use or up to 15 minutes after application.

Conceive Plus Lubricant Spray:

Apply Conceive plus lubricant to the external vaginal area using the spray applicator to mimic the body's natural secretions. Alternatively spray the conceive plus on to the fingers and apply to the vagina. Apply until the desired lubrication is reached.

Conceive plus may be applied prior to insemination. It can be re-applied as required.

Turn patented spray applicator anticlockwise to unlock and fully depress. Each full spray provides 4gm of lubricant.

Store at Room temperature

Warnings: Conceive plus TM is not a contraceptive

TOP 10 TIPS for Getting Pregnant using Artificial Insemination

- 1) Get your donor's fertility checked using a male sperm count test.**
It is important to check your donor's fertility, especially if he is over 40. This can be done easily using our Fertilcount home sperm count test.
- 2) Check your FSH levels for female fertility.**
Both our insemination kits contain FSH female fertility tests. A negative result is an indication of fertility.
- 3) To get pregnant faster use ovulation tests or a fertility monitor.**
Use ovulation tests daily starting 12 days after the start of your period to determine your day of ovulation.
- 4) Chart your basal body temperature, cervical mucus and cervical position.**
Chart your BBT, mucus and cervical position to get a better idea of ovulation. Don't just use this method though, it works better to use in conjunction with ovulation tests.
- 5) When trying to get pregnant don't smoke, drink alcohol or abuse drugs.**
Try to avoid or greatly reduce your intake of alcohol, smoking and definitely do not abuse drugs, to give yourself the best chance of getting pregnant.
- 6) To get pregnant faster, inseminate a day or two before ovulation (not after).**
Determine your day of ovulation the previous month, the following month start inseminations 2 days before you are due to ovulate, and then every other day until after ovulation.
- 7) To get pregnant faster inseminate 3 times in a month around your 'fertile window'.**
To give yourself the best chance of pregnancy inseminate 3 times in a month starting 2 days before ovulation and then every other day. Waiting a day in between getting semen samples gives a better quality of sample (your donor should refrain from sex or masturbation during this time).
- 8) To get pregnant faster inseminate ½ hr – 1hr after ejaculation of the sample.**
Leave the sample for at least 15 minutes following ejaculation to allow the sample to liquefy. Keep the sample at room temperature (wrap the sample pot in tissue to insulate and protect from light). Semen samples will reduce in sperm motility after an hour but are still effective up to 2hrs following ejaculation (outside the body).
- 9) To get pregnant faster keep the sperm inside you following insemination.**
To help get pregnant, ensure that your pelvis is tilted upwards for at least ½ hour following insemination. Use cushions to help, this will also ensure you feel relaxed. An 'Instead Softcup' can be used to help keep the sperm close to the cervix.
- 10) Relax and try to have an orgasm either by yourself or with your partner.**
It is important to try and keep yourself feeling relaxed. This can be difficult when feeling so desperate to have a baby. Try to visualise yourself as feeling lucky – this can often be a self-fulfilling prophecy. Having an orgasm not only helps you relax, but it helps with the motility of the sperm due to causing the walls of the vagina to constrict. Orgasm can also cause the cervix to dip down into the semen, again making the journey for the sperm a lot easier.

