



SwimCount

SPERM QUALITY TEST



FOR SELF-TESTING





Before taking the test, you should:

- Read the instructions carefully
- Ensure that the contents of the pack are at room temperature 18-30°C
- Check that the contents of the package are intact
- Have a watch/clock available

When can you test your sperm quality?

Take your test during this period

	1	2	3	4	5	6	7	8
	No	No	Yes	Yes	Yes	Yes	Yes	No



IMPORTANT: Collect your sample at **LEAST 2 days**, **BUT** no longer than **7 days** after your last ejaculation.



Downloads from www.swimcount.com:

EN: For instructions for use, please visit our website.

DA: For instruktioner på dansk besøg venligst vores webside.

NO: Se nettsiden vår for instruksjoner på norsk.

SV: För bruksanvisningarna på svenska, var god besök vår webbplats.

DE: Die Anleitung in Deutsch finden Sie auf unserer Website.

FR: Pour la notice d'utilisation en français, merci de vous rendre sur notre site internet.

IT: Per le istruzioni per l'uso in italiano, vi preghiamo di visitare il nostro sito Web.

ES: Para las instrucciones de uso en español, visite nuestro sitio web.

NL: De gebruiksinstructies in het Nederlands vindt u op onze website.

PL: Aby skonsultować instrukcję użycia w języku polskim, prosimy o odwiedzenie naszej strony internetowej.

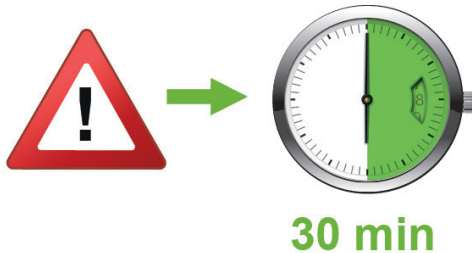
Collect your sperm sample

A

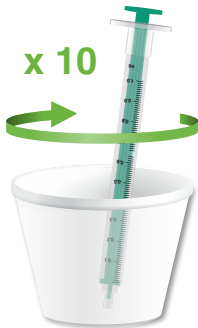


Collect your sperm sample in the supplied collection cup. Make sure that the whole sample is collected. Do not use a condom or lubricant, since this might damage the sperm cells.

B

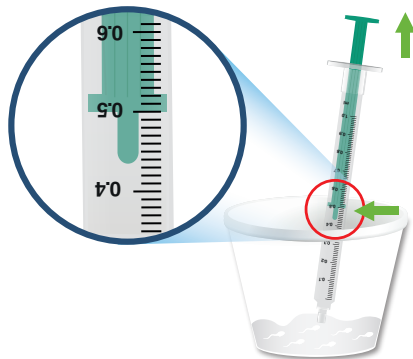


Leave the sample for 30 min.

C

It is important that you wait 30 min after producing the sample before you perform the next steps. The waiting time is needed for the sperm sample to liquefy.

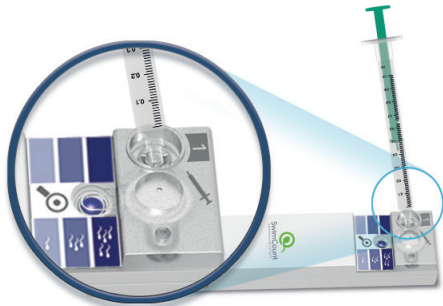
Use the syringe to stir the sample 10 times.

D

Collect 0.5 ml of the sample by using the supplied syringe. It is important to avoid air bubbles inside the syringe, since this will influence the sample volume.

Perform the test

1



Keep the test device on a **horizontal** surface throughout the test procedure. Add the sample (0.5 ml) slowly to the sample well marked **1** from the syringe.

2



Push the slider all the way forward to activate the device.
Note: You should hear a 'click-sound'.

The action window will change to:



3




30 min

Wait another 30 min while keeping the test device on a **horizontal** surface.

4




After 30 min pull the slider all the way back as marked by the arrow. Note: You should hear a 'click-sound'.

The action window will change to: .

5



The result can be read in the window marked with . The darker the color the more sperm cells with **good motility** are present in the semen sample. The test result should be read within 5 min after pulling the slider back.

The table below shows what the colour intensity indicates.

Colour intensity Male Fertility Status	Concentration of motile sperm (million/ml)	What does the result mean?
LOW	< 5	Your motile sperm count is below the normal level for fertile men according to the World Health Organisation (WHO) ¹ . Men with low motile sperm count have been shown to have a lower chance of making their partner pregnant in a natural way compared with men with a normal motile sperm count ^{2,3} .
NORMAL (Mid)	5-20	Your motile sperm count is at or above the normal level for fertile men according to the World Health Organisation (WHO) ¹ . Men with motile sperm count in this range have been shown to have a good chance of making their partner pregnant in a natural way within 12 months ^{2,3} .
NORMAL (High)	>20	Your motile sperm count is above the normal level for fertile men according to the World Health Organisation (WHO) ¹ . Men with a sperm motility count in this range have been shown to have a high chance of making their partner pregnant in a natural way within 12 months ^{2,3} .

¹Cooper et al. Human Reproduction Update 2010; 16(3): 231-245 | ²Larsen et al. Human Reproduction 2000; 15(7):1562-1567 | ³Bonde et al. The Lancet 1998; 352: 1172-1177.
Not for contraceptive use.

How does the test work?

There are two chambers in the device and only motile sperm can move from one chamber into the other. Once in the second chamber the sperm are stained with a dye which produces the colour in the result window. The more motile sperm in the sample, the stronger the blue colour will be.

There are several factors influencing male fertility. This test is designed to check one of these factors. The test measures the number of swimming (motile) sperm cells per ml in the semen sample. This is called the concentration of motile sperm cells/ml. The chance of making a woman pregnant in a natural way increases with the number of motile sperm cells (up to a certain limit).

QUESTIONS & ANSWERS

My result is LOW, what does this mean and what should I do now?

A LOW result means that the motile sperm count of your sperm sample is lower than for fertile men. You should see your doctor for further testing and investigation. A LOW result does not necessarily mean that you will be unable to make a woman pregnant in a natural way. Your doctor will be able to advise you on the next steps.

How is NORMAL/LOW defined?

The World Health Organization (WHO) describes a normal motile sperm count as being more than 5 million motile sperm cells per ml¹. This means that in a group of fertile men 95% have a motile sperm count above 5 million/ml¹.

¹Cooper et al. Human Reproduction Update 2010; 16(3): 231-245

Performance

With a sensitivity of 96% and specificity of 91% SwimCount provides an excellent performance for measuring the number of motile sperm per ml.

This means that if the test shows that your sperm have more than 5 million motile sperm cells, it is 96% likely that the test result is correct. If the test shows that your sperm have less than 5 million motile sperm cells per ml, it is 91% likely that the result is correct.

Chemical Composition

SwimCount contains a chemical for staining the motile sperm consisting of a dye dissolved in a buffered physiological saline solution.

Interferences

No substances are known to interfere with the test result.

Color blindness

Precaution: Color blindness may impact the ability to correctly read the result.

My result is NORMAL but my partner is not pregnant yet despite several months of trying. What should we do?

One in six couples can have difficulties getting pregnant and there are factors other than motile sperm count that may affect male fertility. These factors are not assessed with this test. If you and your partner have been trying to get pregnant for 12 months without success, you should see your doctor for further testing and investigation.

I am unsure of my result, what should I do?

If you are unsure of your result, you can contact our helpline at info@swimcount.com for advice. You can also redo the test but you should wait at least 48 hours before testing with a new sample.

My sample did not become thin and watery within 30 min, - what should I do?

Some samples take more than 30 min to liquefy (to become thin and watery) and you can wait longer if needed. If your sample has not liquefied within 3 hours, then it is better not to test using this sample. Discard your sample, rinse out the collection cup with just water and leave to dry. Do not use soap.

Remember to wait 48 hours before you collect the next sample. If the next sample gives the same result, then consult your doctor.

The test did not seem to work or parts of the test kit were missing or damaged - what should I do?

If any parts of the test kit is missing or damaged or if the test did not seem to work, please contact us at info@swimcount.com

What may affect sperm motility?

There are a number of factors that can affect your sperm quality:

- If you have recently (in the last 2-3 months) been unwell particularly if you have had a high fever, this may affect your sperm quality. It is therefore better to wait until you are well before retesting your sperm quality.
- If you have been taking anabolic steroids or other medication containing testosterone.
- Your previous medical history such as:
 - Undescended testicles as a baby
 - Varicocele (swollen veins in the testicles)
 - Groin surgery such as hernia repair
 - Mumps in adulthood
 - Treatment for cancer

If you are concerned about any of the above factors, you should consult your doctor who can advise you on the next steps.

Is there anything I can do to improve my sperm quality?

So far there is not much evidence that anything specific can improve your sperm quality but the following may help:

- Stop taking anabolic steroids (do not stop taking any prescribed medication without consulting your doctor). Male fertility often returns to normal once use of steroids is discontinued.
- Take showers instead of hot baths – long hot baths may impact sperm quality.
- It is always worth taking care of yourself and factors like eating healthy, regular exercise, quit smoking and reducing alcohol consumption will improve your health.

What if I want to re-test?

You can test again with a new kit as long as you wait at least 48 hours after the first test. If you want to see a possible change in your sperm quality after lifestyle changes, you should wait at least 10 weeks (2-3 months) before testing again. It takes 10 weeks for new sperm to be produced so changes in your lifestyle will not materialize before then.

Important

- The test device is disposable and cannot be re-used
- Discard with normal household waste
- Do not use a device that has expired
- This device is for self-testing
- For in vitro diagnostic use only



MotilityCount ApS
Hvidkildevej 48,
DK-2400 Copenhagen
Denmark

LOT

Batch number

IVD



Expiry date



Stored at 2-30 degrees



Do not re-use

REF

1002.6

CE
0086

Test accuracy
Sensitivity 96%
Specificity 91%