Sperm preparation

Swim-up method

Day -1
The day before oocyte pick-up

G-IVF™ PLUS
Pre-equilibrate G-IVF PLUS at
37°C 6% CO₂
overnight

Day 0
1. Assess the semen sample

2. Prepare swim-up tubes
Pipette 1.0 mL of semen into a rinsed tube. Make up 2-4 tubes, depending on semen volume. Carefully overlay
2.0 mL of pre-equilibrated G-IVF PLUS. Place the tubes in the incubator at
37°C 6% CO₂
30-60 min

3. Wash I
Aspirate the top medium without touching the underlaying semen and transfer to a clean tube. Add 5 mL of equilibrated G-IVF PLUS, mix and centrifuge at
300-600g 10 min

4. Wash II
Discard the supernatant and re-suspend the pellet in 5 mL of equilibrated G-IVF PLUS and repeat the centrifugation at
300-600g 10 min

5. Assess sperm preparation
Discard the supernatants and combine all pellets. Re-suspend the pellets in 0.5-1.0 mL of equilibrated G-IVF PLUS, depending on sample quality. Determine motility and concentration of spermatozoa in the washed sample.

6. Dilution
Dilute with equilibrated G-IVF PLUS to a final concentration of 75,000–200,000 motile sperms/mL.

7. Preparation of insemination dishes
Prepare rinsed insemination centre well dishes with 0.5-1.0 mL of sperm solution and pre-equilibrate.

37°C 6% CO₂ >2 h

If oil overlay is used, droplets of at least 100 µL volume are recommended. Equilibrate the dishes at

37°C 6% CO₂ >6 h

8. Insemination
Transfer the oocytes to the centre well dishes and leave at

37°C 6% CO₂
overnight

Alternatively: Add equilibrated sperm suspension to equilibrated centre well dishes with the oocytes already present.

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