Sperm preparation

Swim-up method

Day -1 The day before oocyte pick-up



Pre-equilibrate Gx-IVF at

37°C 6 % CO2 overnight



Pre-rinse all utensils, including tubes and dishes, with G-RINSE.

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 Gx-IVF. Place the tubes in the incubator at



37°C 6 % CO2 30-60 min

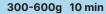
3. Wash I

Aspirate the top medium without touching the underlaying semen and transfer to a clean tube. Add 5 mL of equilibrated Gx-IVF, mix and centrifuge at



4. Wash II

Discard the supernatant and re-suspend the pellet in 5 mL of equilibrated Gx-IVF and repeat the centrifugation at



5. Assess sperm preparation

Discard the supernatants and combine all pellets. Re-suspend the pellets in 0.5-1.0 mL of equilibrated Gx-IVF, depending on sample quality.

Determine motility and concentration of spermatozoa in the washed sample.

6. Dilution

Dilute with equilibrated Gx-IVF 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.



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

37°C 6 % CO2 >2 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.

