

# Sperm preparation

## Swim-up method

### Day -1

The day before oocyte pick-up



Gx-IVF™

Pre-equilibrate Gx-IVF at

**37°C 6 % CO<sub>2</sub>  
overnight**



G-RINSE™

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



Semen

**37°C 6 % CO<sub>2</sub>  
30-60 min**

#### 3. Wash I

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



**300-600g 10 min**

#### 4. Wash II

Discard the supernatant and re-suspend the pellet in 5 mL of equilibrated Gx-IVF 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 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 µL volume are recommended. Equilibrate the dishes at

**37°C 6 % CO<sub>2</sub> >2 h**

#### 8. Insemination

Transfer the oocytes to the centre well dishes and leave at

**37°C 6 % CO<sub>2</sub>  
overnight**

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