

MAPASGEN

**HOME
INSEMINATION**

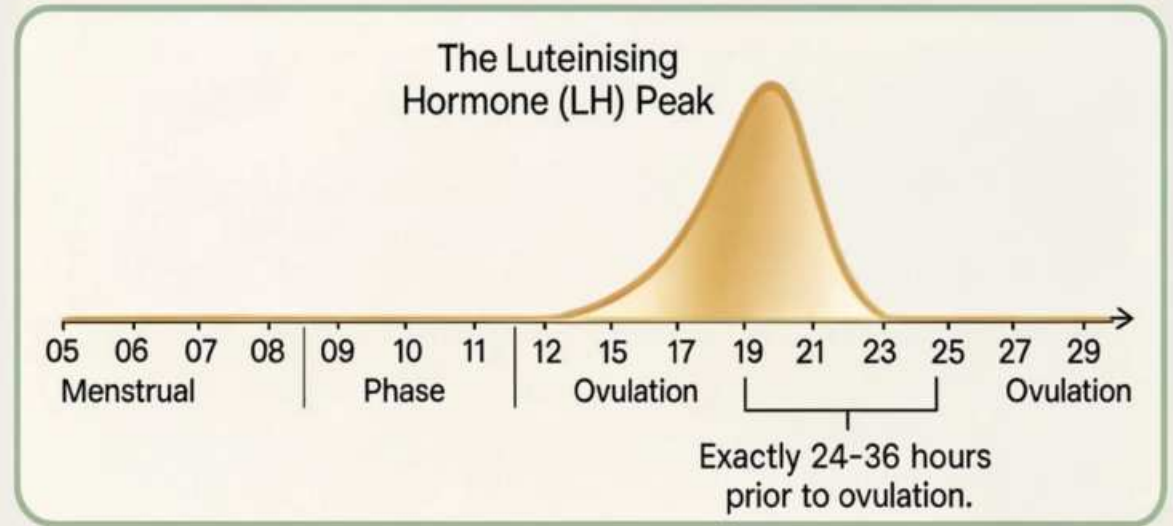
The Safe Protocol — A Step-by-Step Guide



Step 01

Identifying the Window

Biological Countdown



The Biological Signal

Detecting this hormonal peak is the undeniable physiological signal to act.



The Action Window

The egg remains viable for only 12-24 hours post-release. This strict 24-36 hour countdown is the absolute biological foundation of the entire protocol.

OVULATION TRACKER

S	S	M	T	W	T	F	S
		7	3	6	7	9	4
3	3	6	7	19	10	11	11
12	13	14	15	16	17	*	18
12	12	23	26	27	23	26	28
28	29	29	30	31			



Step 02

The Specialised Kit



Sterile Syringe

A 2–5 ml medical-grade sterile syringe without a needle.



Soft Catheter

A flexible, sterile attachment designed for safe depth control.



Collection Cup

A clinically sterile, wide-brimmed receptacle.

The Clinical Boundary

Whilst the procedure is performed at home, bypassing the clinic does not mean bypassing clinical hygiene. Improvised household tools must be strictly avoided to prevent infection and protect the delicate biological sample.



Sample Collection & Preservation

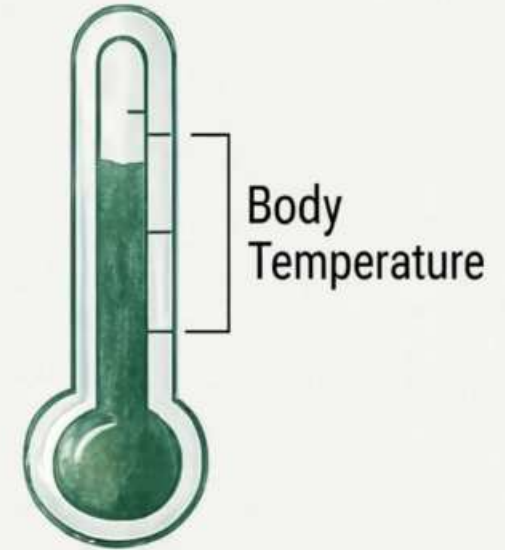
The Time Constraint



30 to 120-Minute Window

This specific timeframe represents the **critical peak** of sperm **motility** and cellular activity post-collection. Immediate, swift action is required to preserve sample vitality.

The Thermal Boundary



Body Temperature Maintenance

The cellular sensitivity of the sample is absolute. Extreme heat destroys the cells rapidly, whilst cold significantly degrades their motility. Maintain at body temperature until the moment of use.

Step 04

Filling the Syringe



Air Bubble Prevention

Rapid drawing creates large air bubbles. Whilst a microscopic amount of foam is biologically harmless, large air pockets disrupt the injection flow and can cause internal discomfort or spasms.



Pacing

Draw the liquid slowly and deliberately. Rapid drawing introduces unwanted pressure variables.



Vertical Draw

The syringe must be held perfectly vertically to ensure fluid dynamics remain stable.



Step 05

Step 05 — The Procedure



Depth & Mechanics

Insert the syringe or soft catheter gently to a depth of 5–7 cm, angling towards the cervix.

Slow & Steady

Apply slow, steady pressure to release the sample; avoid sudden movements.

The procedure should be painless and calm.

01

Preparation

Wash hands thoroughly. Prepare the filled syringe, cloth pads, and a small pillow.

02

Body Position

Lie on your back, bend your knees slightly. A pillow under the pelvis creates a tilt to help sperm travel.

03

Insertion Depth

Gently insert the syringe or catheter tip 5–7 cm into the vagina, aiming toward the back wall near the cervix.

04

Injection

Inject very slowly. Rapid pressure can cause discomfort or splashing.

There should be no pain or significant discomfort; if they occur, stop immediately.

Step 06

Step 06 — Post-Procedure Rest



01. The 15–20 Minute Window —

During the LH surge, cervical mucus
Maintain a horizontal rest period to
allow biology and gravity to take over.



02. The Biological Gate —

During the LH surge, cervical mucus
acts as a highly efficient biological 'gate'
and transit system, actively guiding the
viable sperm cells upward.



03. Reassurance Protocol —

As the seminal fluid naturally liquefies,
minor leakage upon standing is entirely
normal. Viable cells have already passed
the 'gate'; leakage is not a sign of
procedural failure.

Step 07 - Genetic Shield



Mandatory donor screening: CFTR & SMN1.



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