



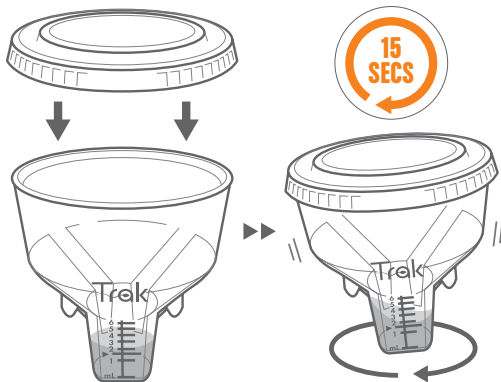
**WARNING**

This Quick Reference does not replace the Owner's Guide for your Trak® Male Fertility Testing System. The Owner's Guide contains important handling instructions and additional information.

[trakfertility.com](http://trakfertility.com)

**01 Collect a Sample**

Collect sample directly into provided cup. Place lid on cup and swirl for **at least** 15 secs.



★ Refer to pages 7-8 of Owner's Guide for sample collection guidelines.

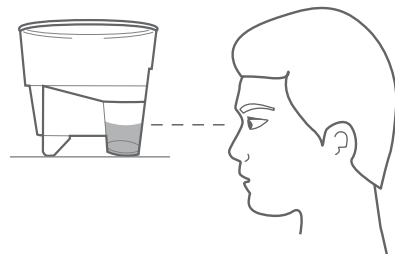
**02 Prep**

Wait 30 mins for sample to liquefy.



**03 Read Volume**

Place cup even with your eyes. Look straight at the cup to read your result.



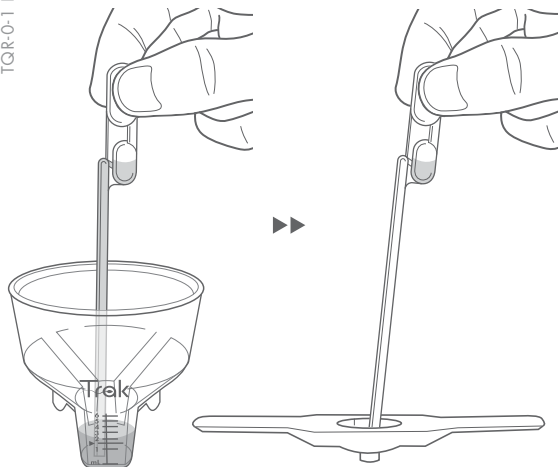
★ If the cup is tilted, the liquid level may look higher or lower than it actually is.

Customer Service 1.888.241.2476 | [support@trakfertility.com](mailto:support@trakfertility.com)

# 04 Load the Sample

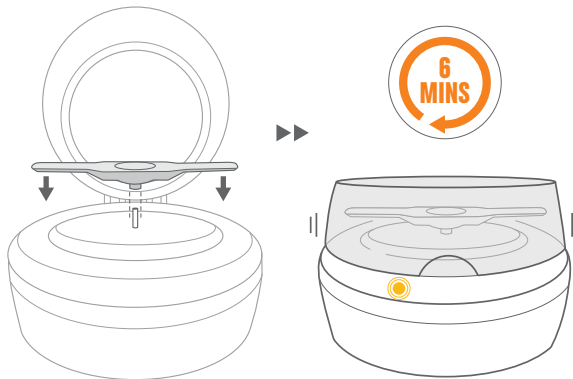
Swirl for **at least** 15 secs. Add **one** full dropper load to Prop. Seal Prop.

TQR-0-1 R1



# 05 Spin the Prop

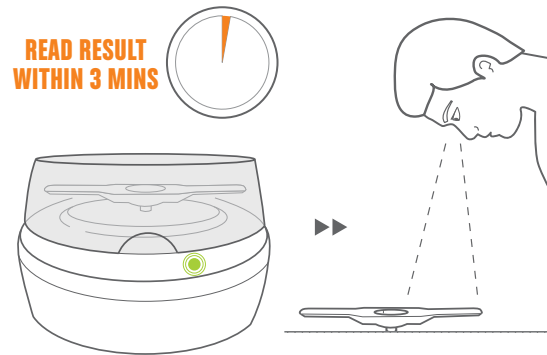
Attach Prop to metal Engine rod.  
Close lid. The Engine will stop automatically in about 6 mins.



! If you see a red light, or there is no light, refer to Owner's Guide for further instructions.

# 06 Read Your Test Result

Remove Prop and place on a flat surface. Look straight down to read your result.



★ Refer to Owner's Guide to read and understand your result. See pages 21-22 for possible errors. See pages 23-25 for details on reading your result.