


Welcome to our ***Erotic Personal System by Instituto Marqués (EPS)*** program for the sample obtention. We would like to make this moment of the process comfortable and pleasant for the male. Moreover, as our goal is to get the best possible sample and we know that the level of excitation improves semen quality, we offer you from the more conventional to the most innovative stimulation methods: magazines and films for adults or videos in Virtual Reality (VR) and masturbators. You choose.

We will tell you everything that will happen from the moment you come to our clinic to provide the sample until the moment the biologists process your spermatozoa for the In-Vitro Fertilisation:

1. The whole procedure is carried out with the utmost discretion. Upon arrival, an assistant will hand you over the consent form you have to sign (in case you would like to freeze the semen sample) and the labels, which will have to be placed on the sample container. You will be accompanied to the collection room.
2. Our rooms are soundproof: do not worry about the video volume, as nobody will hear it.
3. All the material you will find inside is clean and disinfected. The rooms have a system of a continuous air renewal. The hygiene is one of our major priorities.
4. The first thing to do is to wash your hands thoroughly.
5. On the furniture you will find:
 - A sample container for the semen sample
 - Our Erotic Personal System kit which consists of:
 - Virtual reality glasses for viewing VR films with an MP4 player ready for you to choose the video you prefer.
 - Vagina shaped silicone masturbator with lubricant inside.
 - Anus shaped silicone masturbator with lubricant inside.
 - TV with a wide range of films for adults
 - Magazines

Use what you prefer.
6. Whatever you choose, previously prepare the container for collecting the semen sample. Do not forget to have it on hand.

7. If you want to use the videos from our Virtual Reality (VR) device, you must use a pair of glasses and an MP4 device. Follow these simple guidelines to choose the film you prefer:
- Put the glasses on and adjust them to a size that feels comfortable on your head.
 - Graduate the objective with the two levers placed on the upper part of the glasses.
 - You will see a cursor in a shape of a point. To move it, you just have to move your head.
 - Select the film directing the cursor to the title and keep it still for a moment on the selected title.
 - If you want to change the film, you can stop the one you are watching by looking for the symbol  (for that you should look up), when you select the icon you will be able to direct the cursor to STOP. Keep it still for a moment and you will return to the initial menu, where you can choose another video.
8. If you want to use one of the masturbators you should follow these steps:
- Open the top of the container (unscrew it using some force)
 - Remove the small package with lubricant, which is inside the masturbator (placed inside the vagina/anus)
 - Remove the label you will find at the base of the masturbator before using it.
 - It is not necessary to remove the silicone vagina/anus from inside of the container, you just have to take out a little bit the top part to make its use more comfortable.
 - Apply the lubricant to the entrance and inside of the silicone vagina/anus.
 - Keep close the container for the semen sample collection, as you should ejaculate inside of it.
 - Once used, you can throw the masturbator in the bin.

9. Do not rush; you have all the time you need. Nobody will disturb you while you are in the room.

10. Once the sample is in the container, tag it and return it to a biologist through the window you will find in the room.

11. Please, if you used the glasses, give them back to the biologist together with the sample.

12. Once you have delivered the sample, it will be tested immediately before treatment and storage.

13. Your sample will be at all the time controlled by two biologists, fulfilling the highest standards of biosecurity.

You will find further information and a video following this link:

<http://institutomarques.com/en/assisted-reproduction/special-techniques/erotic-personal-system>

Thank you for trusting Institute Marquès.