

Welcome to our ***Erotic Personal System by Instituto Marqués (EPS)*** program for the obtaining of a semen sample. We endeavour to make this 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 excitement improves semen quality, we offer more than the conventional to the most innovative stimulation methods: magazines and films for adults or videos in Virtual Reality (VR) and masturbators. Your choice.

We will inform you of 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:

The whole procedure is carried out with the utmost discretion. Upon arrival, an assistant will aid you with the required forms to fill out prior to collection of your sample. A sample container for the semen sample shall be assigned to you and your details will be verified.

1. Our rooms are soundproof: do not worry about the video volume, as nobody will hear it.
2. All the material you will find inside is clean and disinfected. The rooms have a system of a continuous air renewal. Hygiene is one of our major priorities.
3. The first thing to do is to wash your hands thoroughly.
4. On the furniture you will find:
 - 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.
 - TV with a wide range of films for adults
 - Magazines
 - Use what you prefer.
5. Whatever you choose, previously prepare the container for collecting the semen sample. Do not forget to have it on hand.

6. 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.

7. If you want to use the vagina shaped masturbator 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)
- Remove the label you will find at the base of the masturbator before using it.
- It is not necessary to remove the silicone vagina 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.
- 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.

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

Once the sample is in the container, secure the lid and place it into the bag provided. Press the red button in the room and this will alert the assistant that you have completed the sample. The assistant will take the sample and bring to the laboratory for processing.

9. Please, if you used the glasses, give them back to the assistant together with the sample.
10. Once you have delivered the sample, it will be tested immediately before treatment and or storage.
11. 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://institutmarques.ie/assisted-reproduction/special-techniques/erotic-personal-system/>

Thank you for trusting Institute Marquès.