

# MicroGen DX Semen and Urine Collection Procedure for Men

## Prior to Collection:

1. Stop all products that coat the bladder wall (Elmiron, marshmallow root, aloe vera, slippery elm, corn silk) for at least one week before collecting a urine specimen. These inhibit embedded bacteria from shedding into the urine. This is not needed if only collecting semen.
2. No oral antibiotics for two to three days. It takes seven half-lives for an antibiotic to wash out.
3. Take a biofilm disrupter 5-7 days before collecting: Kirkman Biofilm Defense is a good choice until you know what is causing your biofilms to not breakdown efficiently (LabCorp test #505443). If Boluoke is recommended by your practitioner, take that one. Both are dosed the same way - 2 by mouth, by themselves on an empty stomach; nothing but water for 30 minutes afterwards.

<https://femologist.com/products/biofilm-defense>

<https://femologist.com/products/boluoke-lumbrokinase>

## Collection (do semen first, then urine – this will help determine if there is any retrograde ejaculation):

### Semen:

1. Empty your bladder (This flushes out contaminants.)
2. Don't drink any fluids for the next 1-2 hours so the urine won't be diluted (concentrated –dark yellow color) is the goal.
3. Do a good soap and water wash of the genital area (don't use antibacterial soaps since they can disrupt normal protective skin flora). Rinse well and pat dry.
4. Apply non-lubricated condom when erect.
5. Ejaculate (partner can assist)
6. Carefully remove condom, cut off just the very end of collection tip and milk semen into sterile cup.

### Urine:

1. Collect a mid-stream collection. Catheterized specimens are not recommended.
2. Package and ship according to instructions in the MicroGenDX test kit.