

1

A.I. with sexed semen **13-23 hours** after first signs of standing heat, same as conventional

2

Use temperature regulated thawing units at **95-98°F (35-37°C)**

3

Change thawing unit water daily

4

Monitor water temperature with a thermometer:  
**95-98°F (35-37°C)**

5

Clean thawing unit weekly  
and keep the equipment sanitized

6

Thaw for approximately **45 seconds**

7

Maintain semen at **95-98°F (35-37°C)**  
using an A.I. gun warmer

8

Use thawed semen within **15 minutes** of initial thaw

As recommended by: Santos, V.G., et.al (2025), Effect of timing of artificial insemination with conventional or sex-sorted semen on fertility of lactating dairy cows. Journal of Dairy Science, 108(8):8945-8958. <https://doi.org/10.3168/jds.2025-26428>