

Centre for Reproductive Medicine

Retrograde ejaculation preparation

Please follow these instructions prior to attending the Andrology department to produce your specimen, you are required to produce your specimen on site within the CRM facilities.

1] During the morning and evening on the **day before** your appointment drink one tablespoon of sodium bicarbonate in a glass of water.

i.e. a.m. and p.m. on ___ / ___ / ___

2] On the **morning of your appointment** drink a tablespoon of sodium bicarbonate in a glass of water before breakfast.

i.e. a.m. on ___ / ___ / ___

3] 30 minutes prior to producing your specimen please empty your bladder.

By following these instructions, your urine will be less acidic and therefore less harmful to any sperm that may enter your bladder during ejaculation.

The Trust has access to interpreting and translation services. If you need this information in another language, please contact the Quality Manager on (024) 76968864, and we will do our best to accommodate your needs. The Trust operates a smoke free policy.

Document History

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