

12.2.11.1 RETROGRADE EJACULATION EVALUATION

PRINCIPLE

In some men the semen passes back into the bladder at ejaculation, resulting in aspermia, or no apparent ejaculate. Confirmation of this situation is obtained by examining a sample of post-ejaculatory urine for the presence of spermatozoa.

Urine has a number of deleterious actions upon spermatozoa: osmotic shock, urea toxicity, and acidic pH. Consequently, the exposure of spermatozoa to the urinary environment should be minimised in terms of both duration and by prior alkalization of the urine.

PATIENT INSTRUCTIONS

- 1) The laboratory will be open for retrograde ejaculation evaluation Monday – Friday (except Public Holidays) and bookings are required.
- 2) The specimen should be collected at Concept and then forwarded to the laboratory immediately.
- 3) Abstain from sexual relations for a minimum of 3 days before collection.
- 4) On the day prior to the appointment at Concept, take one tablespoon of sodium bicarbonate dissolved in water in the morning and evening.
- 5) On the morning of the appointment at Concept;
 - a) Take one tablespoon of sodium bicarbonate dissolved in water.
 - b) Have breakfast, preferably including several cups of tea or coffee.
 - c) Pass urine immediately before leaving for Concept.
- 6) Upon arrival at Concept, wait until you feel that there is some urine in your bladder.
- 7) Wash hands before collection of sample. The sample should be collected by masturbation. Any form of lubrication is not desirable for an optimal analysis.
- 8) Complete the semen analysis questionnaire (6.8.15.1).
- 9) As soon as possible after ejaculation, collect a urine sample in the container provided. Place the labels provided onto the container and paper bag. The container and questionnaire should be placed into the paperbag and delivered to Concept staff.