



Patient Retrograde Analysis Instructions

Retrograde ejaculation is a condition where the seminal fluid is redirected from the prostatic fossa backwards into the bladder rather than forwards to the urethra and out of the penis. A physician will request this type of analysis if there is a small ejaculate with little or no sperm, or an absence of an ejaculate produced during masturbation. In these instances, a post ejaculatory urine sample is produced and analyzed for the presence of sperm. In order to detect live sperm, the urine must be alkalinized for at least 12-hours prior to the scheduled appointment.

Retrograde semen analyses must be collected in the office so our lab is able to process the samples immediately. Below are the patient instructions to alkalinize urine prior to a retrograde semen analysis and collection instructions:

Preparation

Option 1 – Baking Soda

- Place 1 tablespoon of baking soda in a large glass of water twice the evening before the appointment (about 3-4 hours apart) and one more time the morning of the appointment.

Option 2 – Alka-Seltzer

- Place one tablet in a large glass of water twice (about 3-4 hours apart) the evening before the appointment and twice the morning of the appointment.

Option 3 – Sodium Bicarbonate tablets (must obtain prescription from physician)

- Take one 650 mg tablet four times the day prior to the appointment and one tablet the morning of the appointment.

Specimen Collection

1. Empty your bladder prior to masturbation.
2. Masturbate and collect any fluid or ejaculate produced during climax into a sterile collection container.
3. Urinate into a second sterile collection container immediately following climax.

Please feel free to contact our Andrology lab if you have any questions or concerns at
610-820-6888 ext. 4212.