



Retrograde ejaculation

PATIENT PREPARATION

- You should abstain from ejaculation (masturbation or sex) for a minimum of 2 days and a maximum of 3 days prior to collection of the post-ejaculatory urine.
- You will begin taking bicarbonate buffer tablets by mouth every 6 hours starting the day before your appointment at the Fertility & IVF Center of Miami.

Please follow this schedule:

6:00 a.m.-Take one tablet (650 mg) of sodium bicarbonate by mouth
12:00 p.m.- Take one tablet (650 mg) of sodium bicarbonate by mouth
6:00 p.m.- Take one tablet (650 mg) of sodium bicarbonate by mouth
12:00 a.m.- Take one tablet (650 mg) of sodium bicarbonate by mouth
6:00 a.m.- Take one tablet (650 mg) of sodium bicarbonate by mouth

ON THE DAY OF APPOINTMENT AT THE FERTILITY & IVF CENTER OF MIAMI

1. Urinate approximately 1 hour prior to your scheduled appointment.
2. First, you will masturbate and collect your semen sample in the provided cup.
3. Next, you will urinate into a separate collection cup and deliver both collection cups to the laboratory.