

Instructions for Retrograde Semen Analysis

Retrograde ejaculation is when semen passes into the bladder instead of out through the penis during ejaculation. It occurs if the nerves and muscles that control ejaculation are damaged or removed. Despite this, it might be possible for you to have a child using your own sperm, by removing sperm from your urine. A sample of semen must be analyzed by a sperm bank, and the following instructions explain how to do this.

1. Select a sperm bank and make an appointment for the analysis. Tell them that you have retrograde ejaculation so they can tell you if they have any special instructions to follow before you come.
2. Do not have sexual activity for 2 days, and ideally 4 days, before the appointment. This includes activity:
 - With a partner, or
 - Self-stimulation.
3. For 12 hours before the appointment, do not drink more fluids than you normally would. If your urine is very watery, it is harder to extract the sperm.
4. You will collect your semen at the sperm bank. If the sperm bank does not give you specific instructions on how to do this, follow these steps:
 - Go to the bathroom and urinate to empty your bladder.
 - You will be given two cups for collection, labeled #1 and #2. You will be brought to a private room. You will stimulate to get sexually excited in order to ejaculate.
 - You can stimulate yourself or your partner can stimulate you. Your hands should be clean and dry. Do not use saliva or lubricants to stimulate yourself. These will destroy the sperm.
 - Hold collection cup #1 at the tip of your penis and collect any semen you have. Give this cup to the staff.
 - Return to the waiting area for 10 to 15 minutes. Do not drink any fluid during this time.
 - Go to the bathroom with the collection cup #2. Urinate into the cup. Give this cup to the staff.
 - Call your doctor two days after the collection to get the result of your semen analysis.