



# 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 hour starting the day before your appointment at the Fertility 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  
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## **On the day of Appointment at The Fertility 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.



**(305) 596-4013**

[info@fertility-miami.com](mailto:info@fertility-miami.com)

**Miami**  
8950 N Kendall Dr  
Suite 103  
Miami, FL 33176

**Miami Beach**  
4308 Alton Rd  
Suite 760  
Miami Beach, FL 33140

**Administrative Office**  
9570 SW 107 Ave  
Suite 203  
Miami, FL 33176