Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Sperm Collection by Electroejaculation (EEJ)

This information will help you prepare for your sperm collection by electroejaculation (EEJ) at Memorial Sloan Kettering (MSK).

EEJ is a procedure to collect semen, the milky white substance where sperm live. This procedure is for people who aren't able to collect sperm by masturbating to ejaculation. Ejaculation is when semen comes out of your penis after reaching orgasm (an intense feeling of pleasure). During the procedure, you will have anesthesia (medication to make you sleep). Then a mild electric current is used to cause an ejaculation while you're asleep.

Sperm banking is the collection, freezing, and storage of sperm for possible use in the future. Sperm banking before treatment will increase your chance of having a biological child in the future using your own sperm. After your procedure, your semen will be brought to the Sperm Bank of New York to be analyzed. Next, it will be transferred to their affiliated sperm bank in New Jersey for freezing and storage. The sperm bank's address is:

The Sperm and Embryo Bank of New Jersey
187 Mill Lane
Mountainside, NJ 07092
908-654-8836

Some sperm banks may have less expensive storage fees. Talk with your healthcare provider if you want your sperm moved to a different sperm bank, or if you have questions. For more information, read *Sperm Banking* (www.mskcc.org/pe/sperm-banking) and *Building Your Family After Cancer Treatment: For People Born With Testicles* (www.mskcc.org/pe/building-family-

born-testicles).

Before Your Procedure

Ask about your medications

You may need to stop taking some of your medications before your procedure. Talk with your healthcare provider about which medications are safe for you to stop taking.

GLP-1 medicines for weight loss

It's important to tell your healthcare provider if you take a GLP-1 medicine. You must follow special eating and drinking instructions before your surgery or procedure. **It is very important to follow these instructions if you have taken a GLP-1 medicine at any time in the last 30 days. If you do not follow them, your surgery or procedure may be delayed or canceled.**

- **Start following a clear liquid diet at 6 a.m. the day before your surgery or procedure.** Do not eat any solid food. Read *Clear Liquid Diet* (www.mskcc.org/pe/clear-liquid-diet) to learn more.
- **Stop drinking 8 hours before your arrival time.** Do not eat or drink anything after this time, including clear liquids. You can have small sips of water with your medicines.

To learn more, read *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.mskcc.org/pe/eat-drink-glp1).

Here are some examples of GLP-1 medicines. There are others, so be sure your care team knows all the medicines you take. Sometimes, these are prescribed to help manage diabetes or other conditions. Other times, they're prescribed for weight loss.

• Semaglutide (Wegovy®, Ozempic®, Rybelsus®) • Dulaglutide (Trulicity®)	• Tirzepatide (Zepbound®, Mounjaro®) • Liraglutide (Saxenda®, Victoza®)

Arrange for someone to take you home

You must have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely. They should be able to contact your care team if they have any concerns. Make sure to plan this before the day of your procedure.

If you don't have a responsible care partner to take you home, call one of the agencies below. They'll send someone to go home with you. There's a charge for this service, and you'll need to provide transportation. It's OK to use a taxi or car service, but you still need a responsible care partner with you.

Agencies in New York

VNS Health: 888-735-8913

Caring People: 877-227-4649

Agencies in New Jersey

Caring People: 877-227-4649

Tell us if you're sick

If you develop any illness (fever, cold, sore throat, or flu) before your procedure, call the healthcare provider who scheduled it for you. After 5:00 p.m., during the weekend, and on holidays, call 212-639-2000 and ask for the healthcare provider on call for your doctor.

The Day Before Your Procedure

Note the time of your appointment

A clerk from the Admitting Office will call you after 2:00 p.m. the day before your procedure. If you're scheduled for your procedure on a Monday, you will be called on the Friday before.

The clerk will tell you what time you should arrive for your procedure. They will also tell you where to go. If you don't receive a call by 7:00 p.m., call 212-639-5014.

If you need to cancel your procedure for any reason, call the healthcare provider who scheduled it for you.

Instructions for eating

Important: If you take a GLP-1 medicine, do not follow these instructions. Follow the instructions in *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.mskcc.org/pe/eat-drink-glp1) instead.



Stop eating at midnight (12 a.m.) the night before your surgery or procedure. This includes hard candy and gum.

Your healthcare provider may have given you different instructions for when to stop eating. If so, follow their instructions. Some people need to fast (not eat) for longer before their surgery or procedure.

The Day of Your Procedure

Instructions for drinking

Important: If you take a GLP-1 medicine, do not follow these instructions. Follow the instructions in *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.mskcc.org/pe/eat-drink-glp1) instead.

Between midnight (12 a.m.) and 2 hours before your arrival time, only drink the liquids on the list below. Do not eat or drink anything else. Stop drinking 2 hours before your arrival time.

- Water.
- Clear apple juice, clear grape juice, or clear cranberry juice.
- Gatorade or Powerade.
- Black coffee or plain tea. It's OK to add sugar. Do not add anything else.

- Do not add any amount of any type of milk or creamer. This includes plant-based milks and creamers.
- Do not add flavored syrup.

If you have diabetes, pay attention to the amount of sugar in your drinks. It's easier to control your blood sugar levels if you include sugar-free, low-sugar, or no added sugar versions of these drinks.

It's helpful to stay hydrated before surgeries and procedures, so drink if you're thirsty. Do not drink more than you need. You'll get intravenous (IV) fluids during your surgery or procedure.



Stop drinking 2 hours before your arrival time. This includes water.

Your healthcare provider may have given you different instructions for when to stop drinking. If so, follow their instructions.

Things to remember

- Take your medications the morning of your procedure as instructed by your doctor. Take them with a few sips of water.
- Don't put on any lotions, creams, powders, deodorant, makeup, or cologne.
- Remove any jewelry, including body piercings.
- Leave all valuables, such as credit cards and jewelry, at home.
- If you wear contact lenses, if possible, wear your glasses instead. If you don't have glasses, bring a case for your contacts.

What to bring with you

- A list of the medications you take at home, including patches and creams.
- Medications for breathing problems (such as inhalers), medications for chest pain, or both.

- A case for your glasses or contacts.
- Your Health Care Proxy form, if you have completed one.

What to expect

Once you arrive at the hospital, doctors, nurses, and other staff members will ask you to say and spell your name and date of birth many times. This is for your safety. People with the same or similar names may be having procedures on the same day.

You will have general anesthesia (medication to make you sleepy) to put you to sleep during the procedure. A catheter (thin, flexible tube) will be placed in your bladder to drain out your urine (pee). A solution will be put into your bladder through the catheter to lower your acid level. This protects any sperm that may pass into your bladder when you ejaculate.

While you're asleep, your healthcare provider will place a probe into your rectum. A mild electrical current will be sent through the probe. This is repeated every few seconds. This current is slowly increased until you ejaculate.

Your semen will be collected. This includes the semen from your penis and any that may have passed into your bladder. The semen will be analyzed under a microscope. If no sperm are found or if the sperm don't move well, we may do another procedure. It is called testicular sperm extraction (TESE) and involves collecting the sperm directly from the testes. This will only be done if you consented to it before your procedure.

Once the semen has been collected, the probe and catheter will be removed.

After Your Procedure

In the recovery room

You will recover in the Post Anesthesia Care Unit (PACU). When you wake up, you will be discharged home or brought back to your hospital room, if you're in the hospital for other reasons.

At home

- If you're having pain, you can take medications such as ibuprofen (Advil®) or acetaminophen (Tylenol®).
- You may have mild discomfort and burning with urination for 3 days after your procedure. If this lasts longer than 3 days or gets worse, you may have a urinary tract infection (UTI). To prevent this:
  - You will be given a prescription for antibiotics. Take them for 3 days after your procedure. Take all the medication that is prescribed.
  - Drink extra liquids for 3 days after your procedure. Drink enough so that your urine is almost clear.
- You will get your results within 3 days of your procedure. If you haven't received your results after 3 days, call your doctor.

Call Your Healthcare Provider if You Have:

- A fever of 101°F (38.3°C) or higher
- Burning with urination that lasts longer than 3 days or gets worse
- Frequent or urgent urination
- Trouble urinating
- Blood in your urine
- Blood coming from your rectum
- Chills
- Pain that isn't relieved with ibuprofen or acetaminophen

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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