

## ***Electro-Ejaculation*** (page 1 of 3)



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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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This information has been designed as a guide for men with a spinal cord injury.

### **What is Electro-Ejaculation?**

Electro-Ejaculation is a safe, repeatable treatment that can be used to obtain sperm from ejaculate.

In most cases, there is no need for general anaesthetic, and the procedure is undertaken in an Outpatient clinic.

Your spinal consultant has requested you for the procedure as previous methods of sperm extraction have been unsuccessful.



### **Why do I need Electro-Ejaculation?**

After a spinal cord injury, many men have ejaculatory failure (anti-ejaculation). This is due to the nerve pathways being unable to function as before.

Sperm is still produced and in good quality. Obtaining sperm can increase the success rate of fatherhood through fertility services.

### **Are there alternatives to the procedure?**

The alternative to this procedure is testicular sperm extraction. This is a surgical procedure to retrieve sperm performed under a general anaesthetic.

### **How can I prepare for the procedure?**

Please ensure your bowel care is carried out in the morning of your appointment. This ensures that your rectum is empty for the procedure.

If you have any skin damage around your anus, please do not hesitate to contact the medical secretaries (☎ 01722 336262 ext 4007 & 4084) or the Pressure Clinic Staff (☎ 01722 429291). Your appointment may have to be cancelled and re-arranged until the skin issue has resolved.

### **What can I expect for the procedure?**

You will attend an outpatient appointment to see your spinal consultant.

On arrival you will be asked to:

**The Pressure Clinic**  
**01722 429291**

- transfer onto a bed and undress accordingly.
- remove your urethral catheter or sheath drainage.
- for patients who pass self-intermittent catheters, you will be asked to empty your bladder once you are on the bed.
- position yourself fully onto your left side.
- after the procedure your catheter or sheath will need to be replaced.

If you are unable to do any of the above independently, the Pressure Clinic staff will help you. Please ensure you bring all spare urinary appliances with you.

Once you are comfortable, a lubricated probe is carefully inserted by your spinal consultant into your rectum. A controlled electrical charge is passed through the probe, stimulating the nerves associated with erection and ejaculation.

If your level is T6 and above there is a high risk of autonomic dysreflexia during the procedure. A cuff will be placed around your arm to monitor your blood pressure before, during and after the procedure.

If you are at risk of autonomic dysreflexia please bring your medication for treatment e.g. Nifedipine capsules or GTN spray.

## Is the procedure safe?

The electro-ejaculator device safely monitors the probe temperature throughout the electro-stimulation procedure.

The probes are smooth to minimise the risk of skin damage to the rectal wall when inserted and removed.

The procedure can take a few minutes to produce ejaculation.

On occasions, this procedure may be undertaken whilst under full general anaesthetic as some patients can find the stimulation very uncomfortable.

You may experience increased spasm during this procedure, but this will soon settle afterwards.

## What happens after the procedure?

You may experience autonomic dysreflexia episode during this procedure. This will resolve itself very quickly after ejaculation. You will be asked to rest until your blood pressure has stabilised and you feel well enough to transfer from the bed.

Depending on your level of injury, you may experience some discomfort for a few days. Your spasm may increase slightly, but should settle after a while.

You may require pain killers to minimise the risk of repeat autonomic dysreflexia episodes.

It is common for spinal cord injured patients to appear tired following electro-ejaculation and we advise you to consider not driving after the procedure.

## **Are there any side effects?**

Apart from the risk of autonomic dysreflexia episodes, known side effects are rare. However, if you experience persistent pain or rectal bleeding you should contact your GP or seek medical assistance as soon as possible.

## **Will the procedure affect my bowels or bladder management?**

Electro-ejaculation should not affect your regular bowel regime or bladder management.

## **How are the probes cleaned to prevent cross infection?**

Each individual probe is cleaned and decontaminated immediately after the procedure at our Sterilization and Decontamination department. The probes are returned clean and ready for the next use.

## **Can my partner attend?**

Due to the sensitive nature of the procedure, your partner may attend your appointment only with your agreement.

Your partner may want to assist with sperm retrieval and collection; allowing staff to leave the room momentarily. Pressure Clinic staff will only assist when necessary. Your spinal consultant will be present during the procedure.

If you would like to discuss any of this further please contact the Pressure Clinic.

The Pressure Clinic 01722 429291