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I N S T I T U T E

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Post Coital Instructions

The post coital test is done to evaluate sperm survival in the cervical mucus.

You and your partner will be asked to have intercourse 4-6 hours prior to the exam. A sample of the cervical mucus is collected from the vagina and then immediately examined under the microscope.

The test is important in evaluating the quantity, viability and activity of the sperm in the cervical mucus. If the mucus is too acidic, the sperm is unable to survive. The ideal environment for sperm survival is an alkaline or basic environment.

Please **ABSTAIN** from intercourse 1-2 days prior to the exam to acquire an adequate specimen (unless otherwise instructed).

You will be asked to use the Baking Soda Douche protocol 30 minutes **BEFORE** having intercourse.

DO NOT douche before coming in, this will wash away the sperm.

You **MAY** shower before coming in, but **DO NOT** take a bath.

*Please discuss your fertility benefits and insurance coverage with the staff
BEFORE scheduling this test.*