



IVF at RPSD: What to Expect

*A step-by-step guide to the
In Vitro Fertilization process at RPSD*

FertilityClinicSanDiego.com



Welcome to RPSD

At Reproductive Partners Fertility Center – San Diego (RPSD), we understand that choosing to pursue IVF is a significant decision. Whether you've been trying to conceive for some time, are facing specific fertility challenges, or are using IVF for family-building as a same-sex couple or single parent, our team is here to support you with personalized, compassionate care.

With over 25 years of experience and a reputation as one of San Diego's most respected fertility centers, we're proud to offer industry-leading success rates, advanced laboratory techniques, and a patient-centered approach that's tailored to your story.



What Is IVF?

In Vitro Fertilization (IVF) is a multi-step fertility treatment in which eggs are retrieved from the ovaries, fertilized with sperm in a lab, and the resulting embryo(s) are transferred into the uterus to establish a pregnancy.

IVF is one of the most effective fertility treatments available and can be used with your own eggs and sperm, donor eggs or sperm, or with the assistance of a gestational carrier.



Who Should Consider IVF?

IVF may be recommended for individuals or couples experiencing:

- Blocked or damaged fallopian tubes
- Male factor infertility (low sperm count, motility, or morphology)
- Endometriosis
- Diminished ovarian reserve or age-related infertility
- Unexplained infertility
- Recurrent pregnancy loss
- Fertility preservation (using frozen eggs or embryos later)
- Same-sex couples or single parents by choice

The IVF Process

Step-by-Step

Ovarian Stimulation

You'll take injectable hormone medications for 8 to 14 days to stimulate your ovaries to produce multiple mature eggs.

Monitoring Appointments

Frequent ultrasounds and bloodwork track your follicle development and help your care team adjust your medication dose as needed.

Trigger Shot

Once your follicles reach maturity, you'll take a trigger injection to prepare your eggs for retrieval.

Egg Retrieval

About 36 hours after the trigger shot, your eggs will be collected during a short outpatient procedure under light sedation.

Fertilization

Your eggs are fertilized in the lab using either conventional insemination or Intracytoplasmic Sperm Injection (ICSI), depending on your specific case.

Embryo Culture & Development

Fertilized eggs (embryos) are cultured in our lab for 3 to 5 days. Our embryologists monitor their development and grade embryo quality.

Embryo Transfer

A selected embryo is transferred into your uterus. The procedure is quick and typically painless. Any remaining healthy embryos can be frozen for future use.

Pregnancy Test

About 10 to 12 days after your embryo transfer, a blood test will confirm whether the transfer resulted in pregnancy.

Success Rates and Factors That Impact IVF Outcomes

IVF success rates depend on several factors, including:

- Age (especially the age of the eggs being used)
- Ovarian reserve
- Embryo quality
- Uterine health
- Cause of infertility
- Lifestyle factors (such as BMI, smoking, and stress levels)

At RPSD, we use evidence-based protocols and leading technologies to give each patient the best possible chance of success. During your consultation, your doctor will review your specific outlook and discuss realistic expectations.





Preparing for IVF: What You Can Do

Make lifestyle adjustments to support treatment outcomes:

- Stop smoking, vaping, and recreational drug use
- Limit alcohol and caffeine
- Follow a fertility-supportive diet rich in antioxidants
- Take prenatal vitamins with folic acid
- Exercise moderately and maintain a healthy weight
- Manage stress and get adequate sleep

Your RPSD physician will also recommend any pre-cycle testing needed to optimize your protocol.

Frozen Embryo Transfer (FET)

Some patients choose to freeze embryos for a later cycle, either for medical reasons or to optimize timing. This process is called Frozen Embryo Transfer (FET) and involves:

- Thawing a previously frozen embryo
- Preparing the uterus with hormones or a natural cycle
- Transferring the embryo into the uterus at the optimal time

Benefits of FET include:

- Flexibility in timing
- Improved synchronization of uterine lining and embryo
- Lower risk of ovarian hyperstimulation syndrome (OHSS)
- Opportunity to transfer a single embryo to reduce multiple pregnancy risks

RPSD has significant experience with successful FET cycles and can guide you through both fresh and frozen transfer options.



Your First Step: Schedule a Consultation

Your IVF journey begins with a detailed consultation. During this visit, we will:

- Review your medical history and prior testing
- Recommend diagnostic tests if needed (AMH, ultrasound, semen analysis, etc.)
- Discuss your family-building goals
- Create a personalized treatment plan
- Explore financial options and timelines

If you want to expedite the process, ask about our Fast Track Program, which allows you to complete diagnostic testing before your first visit so we can move forward with a treatment plan right away.



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