



Understanding Male Infertility

*A comprehensive guide
to diagnosis, treatment,
and preservation at
Reproductive Partners
Fertility Center – San Diego*

FertilityClinicSanDiego.com





Why Choose RPSD

Welcome to RPSD

At Reproductive Partners Fertility Center – San Diego (RPSD), we believe fertility care should support all patients—regardless of gender—with clarity, compassion, and expertise. For over 25 years, we’ve been a leader in comprehensive fertility care, and were the first IVF center in San Diego to directly address and treat male infertility on site. Whether you’re facing obstacles to conception, seeking answers about your reproductive health, or exploring sperm freezing for future family-building, our experienced team is here to guide you.

A photograph of a young couple smiling and holding a newborn baby. The woman, on the left, has long dark hair and is wearing a green top. The man, on the right, has short dark hair, wears glasses, and a beige sweater over a blue and white striped shirt. They are both looking at the baby, who is lying in the man's arms, wearing a white ribbed sweater and grey socks. The background is a light-colored wall with vertical panels.

What Is Male Infertility?

Male infertility is defined as the inability to conceive due to factors related to sperm production, function, or delivery. Common issues include low sperm count, poor sperm motility, abnormal sperm shape, hormonal imbalances, or obstruction in the reproductive tract. In some cases, the exact cause may remain unexplained. At RPSD, we take a personalized approach to evaluating male infertility and work closely with our urology partners to identify solutions.

A photograph of a man and a woman from behind, embracing each other. The man is on the left, wearing a grey sweater, and the woman is on the right, wearing a blue shirt. They are in a room with soft, warm light coming from a window on the right, creating a romantic and intimate atmosphere.

Causes of Male Infertility

Male infertility may result from one or more of the following: genetic or chromosomal abnormalities, hormonal disorders, past infections, varicocele, prior surgeries, lifestyle factors (smoking, alcohol, drug use, heat exposure), and age-related decline in sperm quality. Our urologist and male infertility specialist, Dr. T. Mike Hsieh, works in partnership with RPSD physicians to provide targeted diagnostics and treatment.



How Male Infertility Is Diagnosed

Diagnosis typically begins with a semen analysis, followed by hormone testing, genetic testing (when indicated), trans-rectal ultrasound, and physical examination by a male fertility specialist. Once the cause is determined, a treatment plan is created that reflects the couple's or individual's goals and fertility timeline.

Semen Analysis: What to Expect

Step 1: Get a Referral

Your referring physician must fax a requisition to 858-552-9188 or submit it through our online portal.

Step 2: Schedule the Test

Once the requisition is received, call 858-552-9177 (Option 1) to book your semen analysis.

Preparation guidelines:

- Abstain from ejaculation for 2–4 days
- Avoid lubricants or condoms
- Wash hands and genital area prior to collection

Sample Collection Options:

- In-clinic collection at RPSD (preferred for accuracy)
- Home collection (available upon request; must be delivered within 30 minutes)

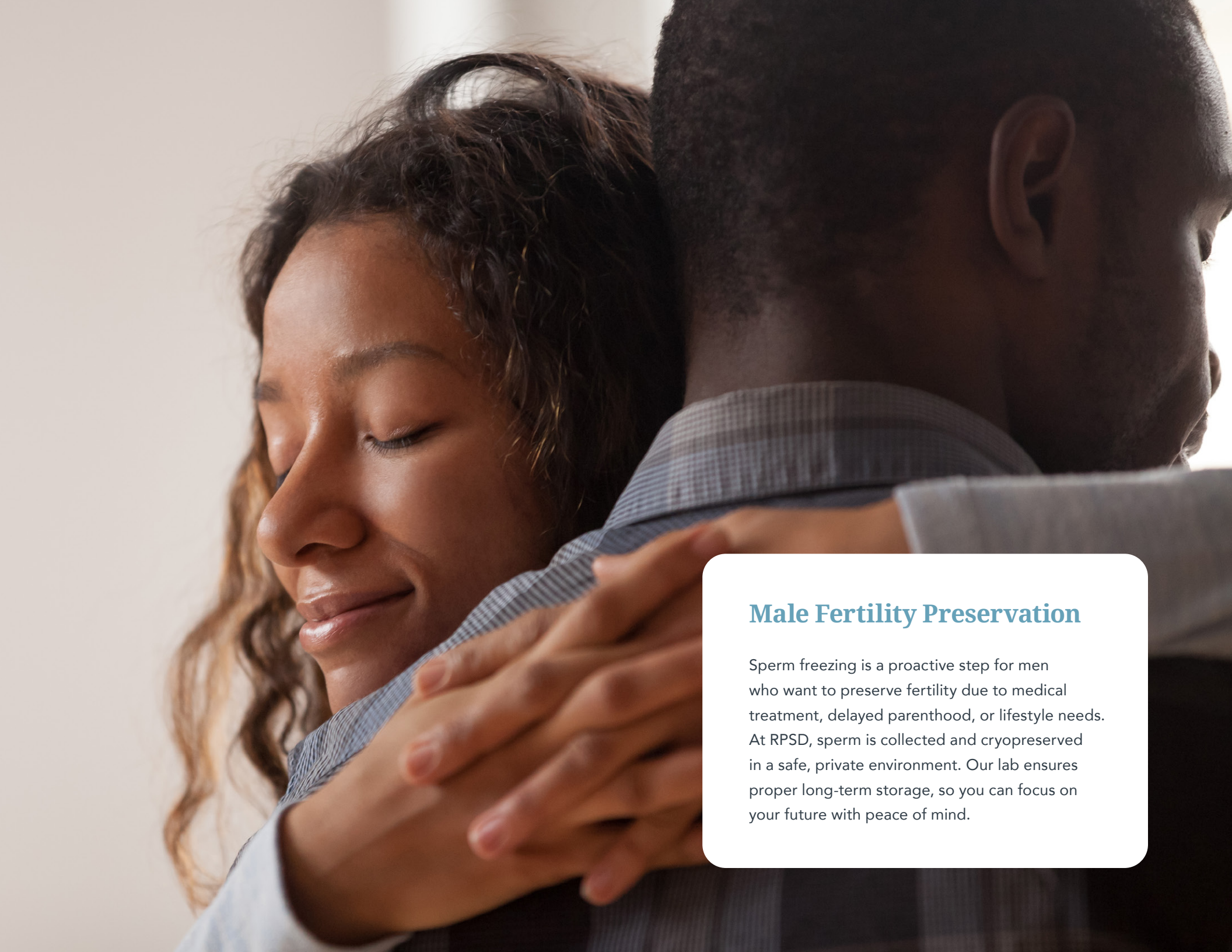
Test Results:

Results are typically ready within two business days and sent directly to your referring provider. If abnormal, our team will discuss next steps and fertility options.

What the Test Measures:

- Sperm count
- Sperm motility
- Sperm morphology
- Semen volume and pH

A semen analysis offers valuable insight and is often the first step in identifying male infertility.



Male Fertility Preservation

Sperm freezing is a proactive step for men who want to preserve fertility due to medical treatment, delayed parenthood, or lifestyle needs. At RPSD, sperm is collected and cryopreserved in a safe, private environment. Our lab ensures proper long-term storage, so you can focus on your future with peace of mind.

Treatment & Surgical Options

Our team offers access to advanced diagnostic and surgical procedures performed at RPSD or through our partners at UC San Diego Health.

PESA (Percutaneous Epididymal Sperm Aspiration)

A quick, in-office procedure under local anesthesia to retrieve sperm in cases of obstruction.

TESA (Testicular Sperm Aspiration)

In-office needle aspiration directly from the testes, under local anesthesia.

Microscopic Testicular Dissection (Micro-TESE)

Sperm retrieval for men with sperm production issues, performed in an operating room under general anesthesia.

Microscopic Epididymal Sperm Aspiration

Microsurgical retrieval of a large quantity of sperm from the epididymis under general anesthesia.

Microscopic Vasectomy Reversal

A delicate reconstruction using microsurgery to restore fertility after vasectomy.

Varicocele Repair

A one-hour outpatient procedure that treats varicose testicular veins and improves sperm production.

Trans-rectal Ultrasound with Seminal Vesicle Aspiration

A diagnostic tool to evaluate obstruction in the male reproductive tract.



Your First Step: Schedule a Consultation

To begin the process:

- Ask your physician to send a referral for semen analysis
- Call 858-552-9177 (Option 1) to schedule your test or consultation
- Discuss your results with your provider or schedule an appointment with our team

Whether your results are normal or reveal concerns, we'll work with you to explore fertility treatments, preservation, or surgical options tailored to your goals.

Why Choose RPSD

- First IVF center in San Diego to provide on-site male infertility treatment
- Access to expert urologists and surgical partners
- State-of-the-art andrology and embryology labs
- Personalized fertility preservation options for men
- Supportive, inclusive care for individuals and couples

To schedule a semen analysis or consultation, call 858-552-9177 or visit www.fertilityclinicsandiego.com.



Phone: 858-552-9177 | Fax: 858-552-9188

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