



What to Expect During Your First Fertility Consultation

*Your personalized path
to parenthood starts here*

[FertilityClinicSanDiego.com](https://www.fertilityclinicсандiego.com)





Welcome to RPSD

At Reproductive Partners Fertility Center – San Diego (RPSD), we understand that stepping into a fertility clinic for the first time can feel overwhelming—but it doesn't have to be. Our team of double board-certified reproductive endocrinologists, compassionate nurses, and experienced support staff is here to walk beside you every step of the way.

For 27 years, RPSD has helped patients from all walks of life build their families through world-class care, advanced fertility treatments, and individualized support. Whether you're just beginning to explore your options or have been trying for some time, your first consultation with us is the start of a plan made just for you.



What Happens at Your First Visit

Your initial consultation is designed to gather key information and start building a picture of your fertility health. During this appointment, you will:

- Meet one-on-one with one of our reproductive endocrinologists
- Review your medical, reproductive, and family history
- Discuss your family-building goals, timeline, and concerns
- Undergo a physical exam or initial bloodwork, if appropriate
- Learn what tests or procedures may be recommended next
- Begin outlining a personalized plan for diagnosis and treatment

If you're coming with a partner, both of you are encouraged to attend. Fertility is a shared journey, and we want everyone involved to feel informed and supported.

RPSD's Fast Track Program

Want to move forward quickly with treatment? Our Fast Track Program is designed for patients who are ready to begin Intrauterine Insemination (IUI) or In Vitro Fertilization (IVF) as soon as possible and want to make the most of their initial consultation.

Unlike the traditional process—where diagnostic testing is typically ordered after your first visit—the Fast Track Program ensures essential fertility tests are completed before your consultation. This allows your physician to review your results during your very first appointment and, in many cases, create a customized treatment plan right away.

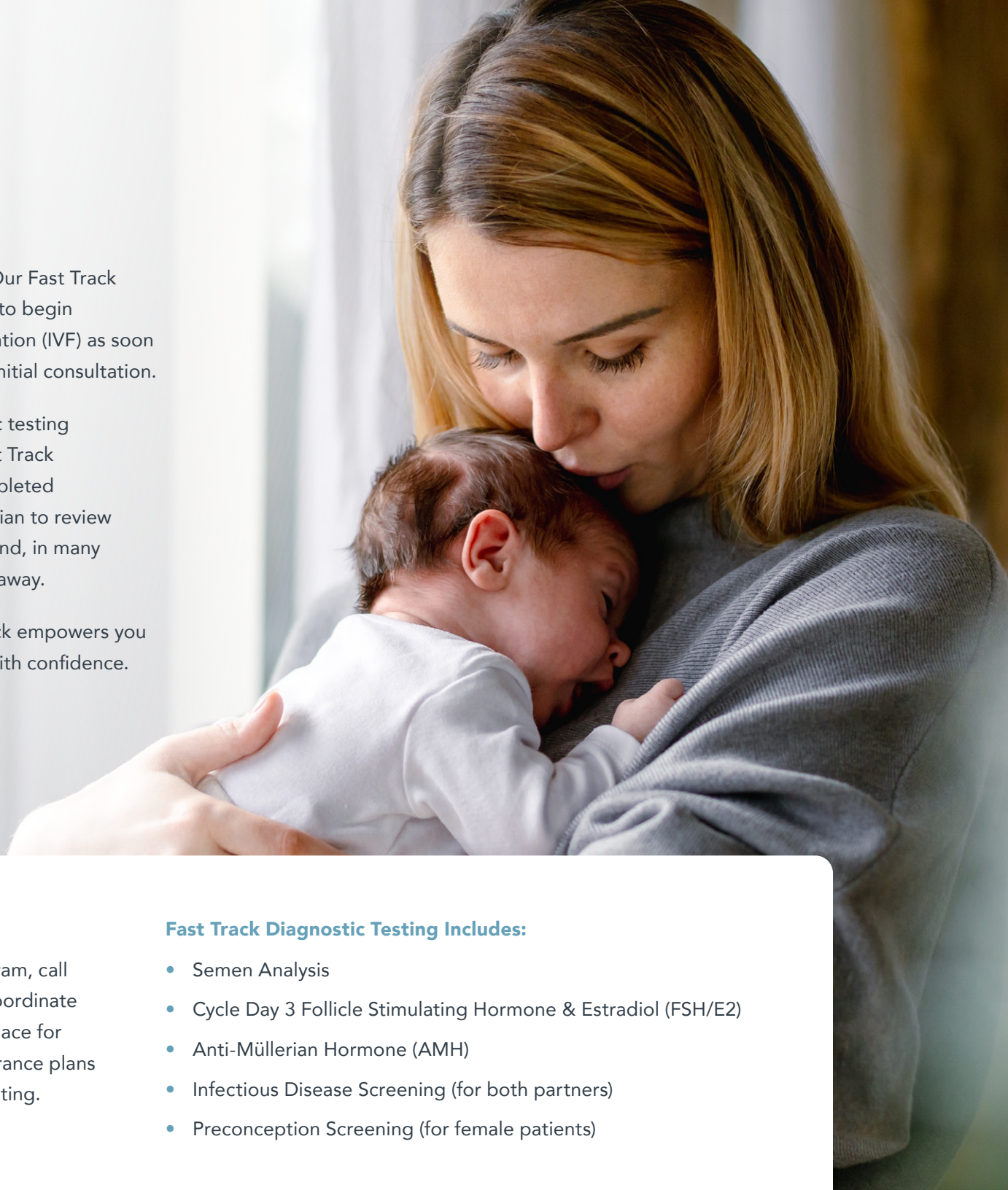
By accelerating the diagnostic process, Fast Track empowers you to move forward with treatment promptly and with confidence.

How to Enroll

If you're interested in the Fast Track Program, call 858-552-9177. A clinical liaison will help coordinate your testing and ensure everything is in place for your consultation. Please note: some insurance plans may require prior authorization before testing.

Fast Track Diagnostic Testing Includes:

- Semen Analysis
- Cycle Day 3 Follicle Stimulating Hormone & Estradiol (FSH/E2)
- Anti-Müllerian Hormone (AMH)
- Infectious Disease Screening (for both partners)
- Preconception Screening (for female patients)



Questions to Ask Your Doctor

This is your opportunity to learn and get clarity.

Here are a few helpful questions you may want to ask:

- Based on my history, what might be causing difficulties in conceiving?
- What tests do you recommend, and why?
- What are the possible treatment paths based on my goals?
- What can I be doing outside of the clinic to support my fertility?
- How soon can we get started?

How to Prepare

To make the most of your visit, consider the following steps before your appointment:

Gather medical records

Bring past lab results, imaging, or fertility treatments.

Track your cycle

If menstruating, note details like cycle length, ovulation, and symptoms.

Bring your partner (if applicable)

Their history and support are valuable.

Write down questions

It's easy to forget in the moment, so come with notes.

List medications & supplements

Knowing what you're taking helps us guide you safely.



What Comes Next

After your consultation, your doctor may recommend a series of diagnostic tests such as hormone panels, ultrasounds, semen analysis, or an HSG (a special X-ray to check the uterus and fallopian tubes). Once results are in, your physician will meet with you again to discuss the findings and lay out next steps.

Treatment doesn't begin until we fully understand your unique needs—and when it does, we're here to guide you with clarity, honesty, and care.



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

9850 Genesee Ave. Suite #800, La Jolla, CA 92037



Reproductive Partners
Fertility Center - San Diego

FertilityClinicSanDiego.com