



Fertility Preservation: Sperm Preservation

About Fertility Preservation

Your health and well-being are important to us.

Because you may receive a treatment that could affect your future fertility, we want you to understand your fertility preservation options. Fertility preservation for patients with testes means saving sperm so they can potentially be used to have future children genetically related to them. Typically, collecting sperm can be done quickly, but the process should begin as soon as possible so it doesn't delay receiving other treatments.

If you choose to move forward, the basic steps of a fertility preservation cycle for freezing sperm are:

- **Complete blood tests** – You'll receive a series of blood tests, including screening for various infectious diseases.
- **Semen collection** – You'll provide a sample of semen to a sperm processing facility.
- **Semen evaluation** – Your semen collection will be checked under a microscope to count and identify sperm.
- **Preservation** – Your retrieved sperm is frozen.
- **Storage** – Your frozen sperm is stored for future use.

If or when you're ready to start a family, your frozen sperm can be thawed and used to fertilize your partner's eggs, or with additional testing, a donor's eggs, to create embryos. Depending on various factors, fertilization can occur as part of an intrauterine insemination (IUI) or in-vitro fertilization (IVF) procedure.

We know there's a lot to consider. We're here to help guide you through this important decision.

Frequently Asked Questions

Are fertility preservation services covered?

Coverage for fertility preservation and related services varies depending on your health plan. To determine which services are covered, review your policy or call Member Services at 800-464-4000.

Where can I learn more about fertility preservation?

You can learn more about fertility preservation by visiting these websites:

- American Society for Reproductive Medicine (ASRM) at [reproductivefacts.org](https://www.reproductivefacts.org)
- Kaiser Permanente's Centers for Reproductive Health at [kpivf.com](https://www.kpivf.com)

What's the recommended amount of sperm to freeze?

For a generally healthy person with testes, one semen sample typically provides enough sperm to increase the chances that a future IVF treatment cycle will result in a live birth. Additional semen samples may be required for future IUI treatment cycles. In the rare instance that no sperm is collected, you may have a follow-up appointment to discuss your options.

It's important to know that various factors play a role in future fertility. Even when enough sperm is collected, this doesn't guarantee future fertility.

What are the risks of semen collection?

For a generally healthy person with testes, providing a semen sample through ejaculation is generally safe. Overall risks are very low.

Where does Kaiser Permanente offer fertility preservation services?

If or when you're ready to start a family, we have Centers for Reproductive Health located throughout Northern California to assist you. All IVF procedures are done at the Fremont and Sacramento locations.

Locations

Fremont Center for Reproductive Health

39141 Civic Center Drive, Suite 350
Fremont, CA 94538
(510) 248-6900

Oakland Office

3779 Piedmont Ave., 3rd Floor
Oakland, CA 94611
(510) 752-6893

Sacramento Center for Reproductive Health

Point West Medical Office Building
1650 Response Rd., Suite 1A
Sacramento, CA 95815
(916) 614-4113

Santa Clara Office

Arques Medical Offices
1263 East Arques Ave.
Sunnyvale, CA 94085
(408) 530-6800

San Francisco Office

2238 Geary Blvd., 7th Floor
San Francisco, CA 94115
(415) 833-3439

San Ramon Office

2300 Camino Ramon, 1st Floor
San Ramon, CA 94583
(925) 244-7260

Vacaville Office

1 Quality Dr., A31
Vacaville, CA 95688
(707) 624-3215

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.