



Guide to a PESA / TESE Procedure

Introduction

PESA (**P**ercutaneous **E**pididymal **S**perm **A**spiration) and TESE (**T**esticular **S**perm **E**xtraction) are procedures to retrieve sperm that are blocked from leaving the area of the testicle. These patients do not have any sperm in the ejaculate.

In most cases, the cause of the blockage can be attributed to a vasectomy, infection, trauma, or congenital abnormality.

The PESA/TESE procedure is performed by a urologist at the Ottawa Fertility Centre. Generally, sperm are collected only from one testicle. The sperm may then be used immediately (fresh) or frozen for future use. Sperm obtained by these procedures must be used with IVF/ICSI, as there usually are not enough sperm retrieved to use with “routine” IVF procedure.

There are a couple of strategies related to PESA/TESE procedures, which impact how you and your partner will proceed through fertility treatment.

- Option 1:** The procedure may be timed to coincide with the Egg Retrieval
- Option 2:** Sperm is frozen after the procedure for use in an IVF cycle to be scheduled at a future date.

By the time you receive this pamphlet, it has likely already been determined that a PESA/TESE procedure combined with an IVF/ICSI cycle is the preferred treatment option for you and your partner.

Risks

Risks are minimal – infection or small amount of bleeding around the testicle

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Getting Started

Before we can book a PESA/TESE procedure for you, there are a number of steps to take. The order of these steps may vary depending on your specific situation and at what stage you are in your fertility investigations.

- Sign consents with your OFC physician
- Meet with Urologist
- Complete all required blood work

Sign consents with your OFC physician

Your OFC physician will meet with you to review the treatment strategy and any adverse effects or risks of treatment. At this visit, you will be asked to sign a Consent to do the procedure at the Ottawa Fertility Centre

If you are planning to freeze your sperm after the procedure, you will also receive information on Sperm Banking and you will be sign the Consent for Sperm Banking.

Meet with the urologist

As soon as your physician suspects that you might require a PESA/TESE procedure, a consultation request will be sent to the urologist, who will be the one to perform the procedure at the OFC. The appointment with the urologist will be at the Ottawa Hospital (Civic Campus) and will be covered by OHIP for insured patients.

At this appointment, the urologist will review the PESA/TESE procedure with you and discuss any risks or adverse effects of the procedure

Complete all required blood work

If your physician has not already done so, he/she will arrange for you to take blood tests, which can be done at an outside lab such as Dynacare. Results are usually returned to your OFC physician within three (3) weeks.

If all results are normal (negative), your physician will forward your chart to an OFC nurse who will call you to schedule a PESA/TESE procedure. If any of the results are positive, the secretary will call you to book a follow-up appointment to review test results and discuss options.

Scheduling Your Procedures

Once the preliminary steps are complete, a nurse will coordinate with the urologist to set a date for your procedure.

- **Scheduling a PESA/TESE procedure only:** The timing of the PESA/TESE procedure will largely depend upon the availability of the urologist and the number of procedures already booked at the OFC. An OFC nurse will call you to schedule the procedure.
- **Scheduling a PESA/TESE procedure to coincide with an IVF cycle:** Scheduling is more complicated in this instance and may take more time as a result. A nurse must time the procedure such that the egg retrieval falls on the same date that the urologist performs the procedure. The nurse will work with you and the urologist to ensure proper timing.

A Note about the Fees

When a date has been arranged for the PESA/TESE procedure, a secretary will call you to collect fees.

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| □ PESA/TESE performed at OFC | \$ 2,500 |
| □ PESA/TESE for performed at Ottawa Hospital (Civic Campus) | \$ 3,000 |

If you are combining your PESA/TESE procedure with an IVF cycle, the secretary will collect fees for both procedures at the time of the Day 1 call to start an IVF treatment cycle.

Please note, there is no refund for a cancelled IVF cycle if no sperm is found. Please talk to your physician about your options, such as donor sperm back-up, to prevent the possibility of a cancelled cycle.

Please refer to our Fees brochure for more details about fees for this procedure or talk to one of our secretaries.

Preparing for the Procedure

1. Date for your PESA/TESE procedure: _____
2. You and your spouse will need to arrive at the OFC by 7:00am
3. You may eat a light breakfast on the morning of the procedure
4. You must not wear any scented products, but you may shower and wear deodorant
5. You are not to drive the car. Therefore, you will need someone to drive you and your partner home

The PESA-TESE procedure

Patients lie on a procedure table. Skin is cleansed with an antiseptic solution. Local anesthetic is injected around the spermatic cord above the testicle.

The initial procedure is PESA. A small needle is passed into the epididymis (a sausage-shaped structure behind the testicle that gathers and concentrates sperm leaving the testicle). The aspirate is examined immediately. If sufficient sperm are obtained, no further procedure is necessary.

If insufficient sperm are found, then a second procedure (TESE) is performed immediately. A small incision is made in the scrotum and the testicle. A small amount of material from the testicle is removed and examined immediately. Once sperm are identified the incision is closed with absorbable sutures. A spray dressing is applied to the incision.

Recovering from a PESA-TESE procedure

A nurse will spray a clear plastic dressing (Opsite) onto your incision site in the Recovery Room. This dressing will seal your incision and slough off naturally in a couple of days. **DO NOT** bathe or shower for 3 days after the procedure.

1. Rest on the day of the procedure and apply an ice pack to the scrotum (a small package of frozen peas is ideal). If using ice cubes in plastic, wrap in a wash cloth. Swelling in the scrotal area is to be expected. You may eat a light breakfast on the morning of the procedure
2. To alleviate the discomfort take Advil (Ibuprofen) 600 mg (3 regular Advil) every 4 - 6 hours. If the pain is more severe, use the prescribed Percocet (acetaminophen 325 mg and oxycodone 5 mg) 1 or 2 tablets every 6 hours as needed.
3. **Advise the nurse if you have an allergy to CODEINE or ACETAMINOPHEN.**
4. If you experience any problems, such as fever (greater than 38 degrees Celsius), redness at the incision site or pain that is not relieved by the Tylenol #3, telephone the Urology physician on call at (613) 761-4500.