

### What is Prolistem?

- Prolistem is a treatment for men with non-obstructive azoospermia (primary testicular failure) to improve sperm production before micro-TESE (sperm retrieval surgery).
- It increases the chances of finding sperm by at least 25%.

### How Prolistem works?

6-Month Course: Divided into 2 Phases:

- **Phase I (3 month):** Lowers testosterone and increases growth factors to boost stem cells.
- **Phase II (3 months):** Restores testosterone to normal levels to improve sperm count, motility, and quality.
- **12-Month Course:** For severe cases (e.g., Sertoli Cell Only or multiple failed biopsies), double the duration of each stage.



### How to use?

- Take 3 capsules daily (1 after each meal: breakfast, lunch, dinner).
- Each bottle contains 90 capsules (30-day supply).
- Do not stop the treatment once started.
- Do not mix with other fertility treatments or supplements.
- Store at room temperature in a dry, dark place.

### What to Expect?

- Do not expect to find sperm before finishing the full course.
- During the treatment perform monthly sperm tests (See Recommendation Table).
- If no sperm is found after the full course, perform micro-TESE within 2 months.

### Success Rates:

- ~20% chance of finding sperm in semen.
- ~25% increase in successful micro-TESE procedures.
- No guaranteed outcome due to the complexity of azoospermia.

### Warnings

- Consult a doctor before starting Prolistem, especially if you have high blood pressure, heart conditions, or are on antidepressants.
- Not recommended for those under 18 or over 65.
- Stop treatment and contact a doctor if you experience unusual side effects.

### Patient Case Tracking Table

- To monitor the patient's progress, we suggest tracking the following:

Patient History	
Age: _____	
Previous Surgeries	<input type="checkbox"/> Yes, How many times: _____ <input type="checkbox"/> No
Azoospermia Type	<input type="checkbox"/> Maturation Arrest <input type="checkbox"/> Sertoli Cell Only <input type="checkbox"/> I don't Know
Genetic Tests	<input type="checkbox"/> Y-chromosome microdeletion, Type: _____ <input type="checkbox"/> Klinefelter syndrome <input type="checkbox"/> Other: _____ <input type="checkbox"/> I don't Know
Family History	<input type="checkbox"/> Yes, I have family members with infertility problems <input type="checkbox"/> No <input type="checkbox"/> I am not sure

Hormones Levels	Before Treatment	After 3 Months	After 6 Months	Notes
FSH (mIU/mL)				
LH (mIU/mL)				
Testosterone (ng/dL)				

### Recommendation for Semen Monitoring

Avoid intercourse or masturbation for 4-5 days before performing a semen analysis to ensure accurate results.

	After 3 Months	After 4 Months	After 5 Months	After 6 Months
Semen Analysis	<input type="checkbox"/> Yes, Sperm Found  <input type="checkbox"/> No Sperm Found	<input type="checkbox"/> Yes, Sperm Found  <input type="checkbox"/> No Sperm Found	<input type="checkbox"/> Yes, Sperm Found  <input type="checkbox"/> No Sperm Found	<input type="checkbox"/> Yes, Sperm Found  <input type="checkbox"/> No Sperm Found
Notes				

If no sperm retrieval procedure (TESE or Micro-TESE) is planned, frequent semen tests are recommended after completing the six-month treatment, as the recovery period for sperm production can be prolonged.