

QUICK INFERTILITY REFERRAL CHECK LIST

When to refer -

- Couples who have been trying unsuccessfully to achieve pregnancy for 12 or more months if female <35

Consider referring sooner if -

- Woman over 35 (refer after 6 months)
- History that indicates that there are likely to be issues with fertility (i.e. prior infertility, PID, absent or irregular periods, endometriosis)
- Single women or same sex couples wanting to know options (i.e. egg freezing, donor sperm)
- Couples with a genetic problem (i.e. previous baby with Downs Syndrome, history of Cystic Fibrosis) who wish to have pre implantation genetic diagnosis (PGD)

Before referring consider -

- Discuss cessation of smoking, alcohol reduction, weight management
- Optimise other health issues e.g. diabetes, thyroid, hypertension, Coeliac disease
- Perform Pap Smear and Breast Check if due
- Check Rubella serology and arrange booster
- Discuss importance of folate (i.e. elevit) for woman and multivitamin for man (i.e. menevit)
- Semen analysis with Fertility Solutions Laboratory (after 2 - 3 days abstinence)
- Female Tests:**
 - * Serum Anti Mullerian Hormone (AMH) anytime
 - * Day 2-4 Serum FSH, LH and Oestradiol
 - * Serum Progesterone 7 days post ovulation i.e.
 - day 19 in a 26 day cycle
 - day 21 in a 28 day cycle
 - day 23 in a 30 day cycle
 - * Baseline pelvic ultrasound scan and tubal patency assessment