

# Guidelines for GPs

## INITIAL INVESTIGATION & MANAGEMENT OF THE INFERTILE COUPLE



**Infertility:** failure to conceive after regular unprotected sexual intercourse for 2 years in the absence of known reproductive pathology.

**Early referral criteria:** female age >35 years, oligomenorrhoea, previous PID, previous pelvic surgery, previous male urogenital surgery or significant systemic illness, varicocele.

Guidelines for general practice			
History	Menstrual cycle, medications, cervical smears, occupation		
Advice	<ul style="list-style-type: none"> <li>✓ Sexual intercourse every 2-3 days</li> <li>✓ Start folic acid 0.4mg daily pre-conception</li> <li>✓ Stop smoking</li> <li>✓ Reduce alcohol consumption</li> <li>✓ Weight loss if BMI &gt;30</li> </ul>		
Blood tests	FSH & LH	Check between days 1-3 of cycle	
	Prolactin	Repeat if >400mIU/l. Raised with stress	
	TSH		
	Progesterone	Mid-luteal phase: 7d before period (day 21 if 28d cycle) >35nmol/l confirms ovulation; if <35 repeat next cycle	
	Rubella screen	Offer vaccination if seronegative	
Chlamydia serology	Treat patient & partner if positive and refer. Chlamydia swabs <b>not</b> acceptable, must be serology		
Semen analysis	Ideally after 2-4 days abstinence	BANES/Somerset/Wilts CCG Arrange through RUH pathology 01225 824721	BNSSG CCG Please complete a semen analysis <a href="#">request form</a>

Prescribing clomiphene	
Progesterone >35	Ovulating – no clomiphene needed
Progesterone <35	May be mistimed? – check menstrual history to ensure mid-luteal Repeat progesterone <35 → prescribe clomiphene 50mg days 2-6 of cycle
On clomiphene	Progesterone >35 → continue for 6 months Progesterone <35 → increase clomiphene to 100mg and refer

**Please contact Bath Fertility on 01761 434464 for any enquiries about semen analysis results, reproductive medicine clinics or assisted reproduction treatments.**

**Referral letters and copies of investigation results can be sent via the e-referral system under Speciality: Gynaecology; Clinic type: Infertility; Service name: Reproductive Medicine Bath Fertility Centre (RUH Bath)**