

Guidelines for GPs

INITIAL INVESTIGATION & MANAGEMENT PRIOR TO REFERRAL TO OUR REPRODUCTIVE MEDICINE CLINIC FOR PEOPLE HAVING DIFFICULTY CONCEIVING

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"> ✓ Sexual intercourse REGULARLY (at least 3 times per week, no maximum) ✓ Start folic acid 0.4mg daily pre-conception ✓ Stop smoking ✓ Reduce alcohol consumption ✓ Weight loss if BMI >30 		
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 not acceptable, must be serology	
Semen analysis	Ideally after 2-4 days abstinence	BANES/Somerset/Wilts CCG Arrange through RUH pathology 01225 824721	Other CCGs Please complete a semen analysis request form

Prescribing clomiphene - GPs may prescribe clomiphene initially using this guide	
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 **CARE Fertility Bath** 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: **RUH Reproductive Medicine at CARE Fertility Bath (Peasedown St John) - RD1** or **RUH Reproductive Medicine at CARE Fertility Bristol (Aztec West) - RD1**.