

Quick Reference List

Who and when to refer -

- ✓ Couples who having been trying unsuccessfully to achieve pregnancy for 12 or more months.
- ✓ Consider referring sooner when
 - The woman is over 35
 - There is something in the history that indicates that there are likely to be problems with fertility (e.g. prior infertility, endometriosis, PID, irregular or absent periods)
- ✓ We also accept referrals for single or lesbian women wanting donor insemination, or couples with a genetic problem (e.g. Cystic fibrosis) that wish to use preimplantation genetic diagnosis (PGD).

Before referral - have you?

- ✓ Discussed smoking cessation, alcohol reduction, weight loss / gain where appropriate?
- ✓ Optimized any other health problems e.g. Diabetes, hypertension?
- ✓ Done a pap smear if it is due?
- ✓ Suggested a mammogram for women over 40?
- ✓ Arranged rubella serology and given a booster if non-immune?
- ✓ Discussed the importance of folate?

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Investigations for Women

✓Serum progesterone (7 days before usual cycle ends e.g. day 21 of a 28 day cycle)

✓HSG (day 10 of the cycle). You might prefer to leave this to the gynaecologist, particularly if there might be indications for laparoscopy.

Investigations for Men

✓Semen Analysis (after a 3 day abstinence). Consider using the lab at FSSC for this.

Contact Details

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