

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.

We accept all NHS e-referrals via Choose & Book.

| Guidelines for general practice | | |
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| History | Menstrual cycle, medications, cervical smears, occupation | |
| Advice | <ul style="list-style-type: none"> ✓ Sexual intercourse every 2-3 days ✓ 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 CCGs - via RUH pathology 01225 824721 |
| | | Other CCGs – please complete a semen analysis request form (semen analysis can be done by local provider if patient prefers) |

| 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)