

NAVIGATING THE PATIENT-CARE JOURNEY FOR AN INFERTILE COUPLE



Nº 1 FERTILITY

Factors to take into account with your patients

History and examination of both

Age of couple
Time trying to conceive
Timing and frequency of intercourse
Cycle history (normal 25-35 days)
Pregnancy history
Recurrent miscarriage
Genetic conditions in family
Drug and occupational history

Advice to both partners

Lifestyle (smoking, alcohol, weight, and diet)
Timing of intercourse
Basal temperature charts, consider urine LH
Predictor kits, increased mucus
Sexually transmitted disease and genital infections
Ovulation calculator on No. 1 Fertility website

For LGBT+ patients, please refer them to No.1 Fertility directly.

Female

Check rubella status
Folate 500 ug/day
Check cervical screening

Please see back of flyer for full list of recommended screening tests.

Male

History of post pubertal mumps
Undescended testes
Genital infection

Please see back of flyer for full list of recommended screening tests.

Discuss results and management plan

Refer where appropriate
Emotional support

Refer to No. 1 Fertility Specialist if couple has tried to conceive longer than 6 months. Call +61 (03) 9132 9600.

Consider early referral if:

Age >35 years	Endometriosis
Oligo-amenorrhea	PCOS
Previous pelvic surgery	Compromised overall health
Previous STD / PID	
Abnormal pelvic exam	
Low progesterone	
Low AMH	
When you or the patient has concerns	

Consider early referral if:

Poor semen analysis
Presence of sperm antibodies
Previous genital pathology
Previous urogenital surgery
Previous STD
Varicocele
Sign of systemic illness
Abnormal genital exam
Compromised overall health

On-going GP support

On-going care and mental health support for those experiencing infertility is recommended.

PRE-TREATMENT PREPARATION - SCREENING TESTS



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Egg provider or gestational carrier screening tests:

- Karyotype
- Prolactin
- HTLV I & II
- FBE
- AMH
- Iron Studies
- Blood Group & Antibodies
- Rubella
- Varicella
- Hep B
- Hep C
- TFT
- Thyroid Antibodies
- Toxoplasma Serology (LM)
- CMV Serology
- Parvo Serology
- Syphilis
- Vitamin D
- HIV
- Coeliac Serology
- Urine Test:
Chlamydia/Gonorrhoea PCR

Sperm provider screening tests:

- Karyotype
- HTLV I & II
- FBE
- Hep B
- Hep C
- Immunobead test
- MV Serology
- Syphilis
- Vitamin D
- Urine Test:
Chlamydia/Gonorrhoea PCR
- HIV

Saypen

Saypen semen analysis test kit

This at-home test offers a convenient and discrete option to understand your patient's sperm health.

Clinic contact information

If you wish to speak to No. 1 Fertility nurse, please dial **(03) 9132 9600** and choose **option 3**. An online chat function is available on the 'Contact us' page on our website.



number1fertility.com