NAVIGATING THE PATIENT-CARE **JOURNEY FOR AN INFERTILE COUPLE**



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 Gential 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 Oligo-amenorrhea Previous pelvic surgery Previous STD / PID Abnormal pelvic exam Low progesterone

Endometriosis **PCOS** Compromised

overall health

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



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

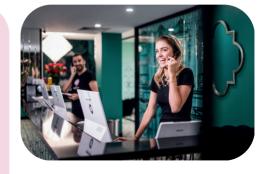
Sapyen

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 Fertillity 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