

## GP Referral Criteria – Shropshire, Telford & Wrekin CCGs

### Guidelines for Fertility Assessment

- Couples should be advised to lead as healthy a lifestyle as possible while trying to conceive (see NICE Guidelines) including:
  - Limit Alcohol consumption to 1-2 units per week
  - Do not smoke
  - Ensure BMI is between 19 – 30
  - Have regular intercourse (every 2-3 days)
  - Men should avoid hot baths, saunas etc and wear loose fitting underwear
  - Men should take Vitamins A & E (recommended daily dose only), Zinc & Selenium (recommended daily dose only) and Vitamin C 1000mg daily. Inform of the importance of these nutrients in sperm production.
- For female recommend Rubella Antibody Screening plus Folic acid 0.4mg daily while trying to conceive and through first 12 weeks of pregnancy. Inform of the importance of antioxidant properties of A and E vitamins.
- If there is no pregnancy after 1 year of regular, unprotected intercourse, check luteal phase progesterone level (7 days before next expected period) and request a sperm function test.
- Both partners names must be provided at the time of referral**

### Suggested Referral Criteria to the Fertility Clinic

All couples should have been co-habiting in a **stable relationship for at least 2 years** or have a stable marriage.

Female age	Referral details
Shropshire - <35 years Telford - <36 years	Please refer after 2 years of regular unprotected intercourse, if progesterone and sperm function are satisfactory. Please refer after 1 year if progesterone or sperm tests abnormal or if there is suspected/known pathology.
Shropshire - ≥35 years Telford - ≥36 years	Please refer after 1 year of regular unprotected intercourse and arrange Day-2 FSH, luteal phase progesterone plus sperm function test at the time of referral. Please be aware that the cut-off for NHS funding in assisted conception (IVF/ICSI etc) is age 37.5 for Shropshire patients, age 40 for Telford patients. Please consider referring any woman or her partner with suspected/known pathology sooner.

**Earlier referral** would be indicated where there are clinical reasons for suspecting pathology, eg. oligo/amenorrhoea, previous pelvic infection/intra- abdominal gynaecological operations, PCOS or in the male - genital tract trauma operations or infection. *Previous cancer treatment indicates early referral.*

Woman ≥40 years of age                      Referral not recommended because pregnancy rates on funded treatment are poor. (Investigation and oral ovulation induction only are provided by the Fertility Clinic)

Man ≥55 years of age -                      Referral not recommended because of potential parenting problems. Including possible serious illness or death of the man before the child reaches maturity.

**Please send your referral to The Medical Team, The Shropshire and Mid Wales Fertility Centre, Severn Fields Health Village, Sundorne Road, Shrewsbury SY1 4RQ [www.shropshireivf.nhs.uk](http://www.shropshireivf.nhs.uk)**

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