

GP Referral Criteria – Wales

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 – 30.9 for the male & female partner
 - 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

Female age	Referral details
Woman <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.
Woman ≥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 42 for Welsh 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.*

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

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