

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.
- 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 and dates of birth 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

Authorisation date	13/11/2020	Review date	13/11/2021	Version number	3	Document number	A165C(a)
Author	JK	Number of pages	1	Location	ISO9000\QUALITY\FORMS CLINICAL		