

GP Referral Criteria – Shropshire, Telford & Wrekin ICS

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

Female age	Referral details
Under 35 years	Please refer if either of the couple have an identified cause of infertility or after 2 years of regular unprotected intercourse, if progesterone and sperm function are satisfactory. .
35 years or over	Please refer if either of the couple have an identified cause of infertility. If no known cause 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 40 (treatment has to be started before 40 th birthday). Please consider referring any woman or her partner with suspected/known pathology sooner if age is a factor.

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 Patient may be referred for investigations and advice but should be advised that the chances of achieving a successful pregnancy are low

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.

For full details of the policy please visit

[Shropshire CCG – Policy and Protocol for the Management of Fertility Treatment in Shropshire - NHS Shropshire, Telford and Wrekin \(shropshiretelfordandwrekin.nhs.uk\)](http://shropshireccg.nhs.uk/policy-and-protocol-for-the-management-of-fertility-treatment-in-shropshire-nhs-shropshire-telford-and-wrekin-shropshiretelfordandwrekin.nhs.uk)

Clinic contact:

The Shropshire and Mid Wales Fertility Centre, Severn Fields Health Village, Sundorne Road, Shrewsbury SY1 4RQ
Telephone: 01743 261202 option 2 Email sth-tr.shropshireivf@nhs.net Website www.shropshireivf.nhs.uk

Authorisation date	10/2/2023	Review date	10/2/2026	Version number	5	Document number	A165C(a)
Author	JK	Number of pages	1	Location	ISO9000\QUALITY\FORMS CLINICAL		