

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.
- If either of the couple have an identified cause of infertility a referral may be made 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.*

Referrals

- Please be aware that the cut-off for NHS funding in assisted conception (IVF/ICSI etc) in Shropshire is age 40 (treatment has to be started before 40th birthday). Please consider referring any woman or her partner with suspected/known pathology sooner if age is a factor.
- Ensure criteria are met in the Shropshire policy (link below)
- Both partners names and dates of birth must be provided at the time of referral
- All referrals but be one via the electronic referral portal.

Woman ≥ 40 years of age Patient may be referred for advice only 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 Shropshire Fertility policy please visit

[STW-CCG-Policy-on-the-Management-of-Fertility-Treatment-Final-COM001.pdf](#)

Clinic contact:

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