

**FIRST PRESENTATION**

**General Advice**

*Check :*

- Age
- Rubella status
- Folic acid
- Medication history
- Weight
- Smear history

**Sub fertile for more than 12 months**

**Significant history**

- Amenorrhoea / Oligomenorrhoea
- Previous abdo / pelvic surgery
- Previous PID / STD
- Significant systemic illness

**Age greater than 30**

**Age <30 years, no significant history and trying for less than 12**

**Encourage Regular Intercourse**

**If not pregnant after 12 months**

**Commence Investigations**

**Female**  
Bloods  
STI Screen  
Examination

Ultrasound  
HyCoSy (check contra indications)

**Male**  
Semen Analysis  
STI Screen

Semen Analysis  
repeat after 6 wks if abnormal

**GP**

Discuss results

**Any pathology refer as appropriate**

**No Cause Detected**

**Anovulation**

**Absent Periods**

**Sperm Abnormality**

**Tubal Pathology**

**Refer to Specialist Centre with all results**

## **Routine subfertility investigations**

### **Female partner**

#### **Baseline hormone profile (day 2 or 3 of the menstrual cycle)**

- FSH
- LH
- Estradiol
- Prolactin (if irregular cycles or signs/symptoms of hyperprolactinaemia)
- Androgens – Testosterone, SHBG, FAI (if irregular cycles or overweight)

#### **Ovulation test**

- Day 21 serum Progesterone (if 28 days cycles, alternatively 7 days before expected cycle)

#### **Rubella immunity**

#### **Chlamydia screening (urine specimen)**

#### **Transvaginal ultrasound scan**

#### **Tubal patency tests**

- HyCoSy
- HSG
- Laparoscopy and Dye Test (if known gynaecological disease – i.e., endometriosis, PID/Chlamydia infection, previous ectopic pregnancy; if patient complains of dysmenorrhoea, deep dyspareunia and/or chronic pelvic pain; if inconclusive HyCoSy or HSG)

#### **Updated smear**

### **Male partner**

#### **Semen analysis:**

The normal volume varies from 1.5 to 5.0 milliliter per ejaculation.

The sperm count varies from 20 to 150 million sperm per milliliter.

At least 60% of the sperm should have a normal shape and show normal forward movement (motility).