

**PATIENT PRESENTATION**

Patient presents with fertility problem.

**BODY MASS INDEX**

Is the BMI of the female partner  $\leq 35$ ?

No

**REFERRAL NOT ROUTINELY INDICATED**

Referral of women with BMI  $>35$  will not be routinely accepted. Women should be given lifestyle advice and be encouraged to lose weight in order to achieve a BMI  $\leq 35$  prior to referral. Where dietician or medical input is necessary, women should be referred as appropriate.

Yes

**COUPLE ACTIVELY TRYING**

Is the patient part of a couple that are actively trying for a baby?

No

**REFERRAL TO FERTILITY CLINIC**

Couples, singles or same sex couples who wish to determine their available options should be referred to the Fertility Clinic for discussion. ("Gynaecology - Infertility" at Aberdeen Maternity Hospital).

Female patients who are the intended parent should have the below female partner investigations performed.

It would be appreciated if an e-mail address could be included to enable No Delays information to be sent.

Yes

**MALE PARTNER INVESTIGATIONS**

The following investigation should be requested prior to referral to the Fertility Clinic:

- **Semen analysis** (ideally performed to allow results to be available at clinic appointment)

NHS Highland GPs do not need to undertake semen analysis as there is no andrology laboratory in Raigmore – this is carried out at the Aberdeen Centre for Reproductive Medicine

**FEMALE PARTNER INVESTIGATIONS**

The following investigations should be requested prior to referral:

**Patients with regular periods**

- Progesterone (7 days prior to expected period)
- Chlamydia test and TFTs

**Patients with irregular periods**

- Day 1-5 FSH, LH, Prolactin, Testosterone and Oestradiol
- Chlamydia test and TFTs

For Thyroid testing – see separate guidance

Rubella testing is no longer routinely indicated pre-referral. Please provide **written evidence of two MMR vaccinations** (verbal confirmation is not sufficient). If confirmation is not available, women should have two MMR vaccinations prior to referral (women should avoid trying for pregnancy for one month following completion of MMR vaccination schedule)

**REFERRAL TO FERTILITY CLINIC**

Consider early referral for the following patients:

- Family history of early menopause
- History of Chlamydia infection in past
- Irregular menstrual cycle
- Known sperm problem

Routine referral to the Fertility Clinic ("Gynaecology - Infertility" at Aberdeen Maternity Hospital) if:

- **Female partner  $> 35$  years of age**
  - After 6 months of trying
- **Female partner  $\leq 35$  years of age**
  - After 1 year of trying

It would be appreciated if an e-mail address could be included to enable No Delays information to be sent.

Please advise couples of the current NHS funding criteria for fertility treatment which include to stop smoking and female BMI  $<30$ . **IVF will not be funded by NHS if female BMI  $>30$  or if either partner smokes.**

Self funded referrals can be directly made to Assisted Conception Unit – [www.aberdeenfertility.org.uk/](http://www.aberdeenfertility.org.uk/) referral – please consider the above investigations for these patients prior to referral where possible.

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