

ARTICLE: FERTILITY SCREENING

The American Academy of Paediatrics and American College of Obstetrics and Gynaecology have grouped the main recommendations for preconception care under 4 categories of interventions.

ASSESSMENT

- Family history of infertility or pregnancy risk
- Reproductive history, including menstrual cycle problems, infertility, miscarriage, STDs, pelvic surgery, pregnancy complications
- General physical including BMI calculation & Pap smear
- Chronic conditions review
- Occupational risks
- Medication risks
- Semen analysis at IVF laboratory if trying >6 months to conceive
- Day 2 FSH in women over 35 who have been trying >6 months to conceive

VACCINATIONS IF INDICATED

- Rubella
- Varicella
- Hepatitis B
- Other

SCREENING

- FBC, ferritin
- Blood group & antibody screening
- HIV, hepatitis B & C, rubella status
- CMV, toxoplasmosis
- STDs including Chlamydia and syphilis
- TSH & urinary iodine
- Vitamin D
- Genetic disorders, if indicated

COUNSELLING

- Diet
 - Nutrient supplementation
 - Avoidance of toxoplasmosis, CMV, listeriosis
 - Avoidance of increased core body temperature
 - Smoking, drug and alcohol cessation
 - Environmental toxin avoidance
 - Weight management
 - Menstrual cycle awareness – mucus and basal body temperature, intercourse timing
 - Social and mental concerns
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