

Couple present with infertility

History and Examination of both

- Age of couple?
- Time trying to conceive?
- Timing and frequency of intercourse?
- Cycle history (normal 23-35 days)
- Pregnancy history?
- Recurrent miscarriage?
- Genetic conditions in family?
- Drug and occupational history?

Advice to both partners

- On smoking, alcohol, weight, diet
- Timing of intercourse
- Basal temperature charts, consider urine LH predictor kits, increased mucus
- Sexually transmitted disease & genital infections

Female

- Check rubella status
- Folate 500 ug/day
- Check cervical smear

Male

- Hx of post pubertal mumps
- Undescended testes
- Genital infections

Screening tests

- Rubella
- Hepatitis B,C
- HIV
- VZV
- Syphilis
- Blood group & antibodies
- FBE
- Chlamydia
- Confirm ovulation – progesterone mid luteal phase ie 7 days before period is due day 21 or day 28
- Anovulation (day 2) – LH, FSH, E2, PRL, TSH
- Cervical smear
- Pelvic ultrasound if long cycle (? PCOS)
- Anti-Müllerian Hormone (AMH)

Screening tests

- Semen analysis
- If results poor, repeat in 4-6 weeks at IVF andrology lab
- Sperm antibodies
- Hepatitis B,C
- HIV

Discuss results + management plan

- Refer where appropriate
- Emotional support

Refer to IVFAustralia Fertility Specialist
If couple trying > 6 months to conceive
1800 111 483

Consider early referral if

- Age >35 years
- Oligo-amenorrhea
- Previous pelvic surgery
- Previous STD / PID
- Abnormal pelvic exam
- Low progesterone
- Low AMH

Consider early referral if

- Poor semen analysis
- Presence of sperm antibodies
- Previous genital pathology
- Previous urogenital surgery
- Previous STD
- Varicocele
- Sign of systemic illness
- Abnormal genital exam

Ongoing GP Support

to manage infertility patient is important

IVF TREATMENT CYCLE

	TREATMENT	EXPLANATION	POSSIBLE SIDE EFFECTS	ACTION
1	Initial consultation at IVFAustralia clinic			
2	Day 21 of cycle IVF Treatment commences Clinic visit	<ul style="list-style-type: none"> Blood test GnRH agonist treatment begins – continues for approx 3 weeks 	<ul style="list-style-type: none"> Tiredness Mood swings Hot flushes Headaches Breast tenderness Muscle pain (myalgia) Vaginal dryness Bloating 	<ul style="list-style-type: none"> Offer reassurance Contact clinic if still concerned
3	Approx. 7-8 days later Clinic visit	<ul style="list-style-type: none"> Blood test Period FSH daily injections start – continue for 10-14 days 	<ul style="list-style-type: none"> High dose of daily FSH self-administered injections to stimulate ovaries 	
4	Within 8-12 days Clinic visits	<ul style="list-style-type: none"> Ultrasound monitoring Blood tests 	<ul style="list-style-type: none"> Ultrasounds: to see number of follicles/eggs Blood test: to closely monitor hormone levels 	
5	Timing – patient dependant	<ul style="list-style-type: none"> hCG Trigger injection: patient administered 	<ul style="list-style-type: none"> hCG trigger injection: to mature eggs for collection 	<ul style="list-style-type: none"> Contact IVFAustralia fertility specialist ?analgesia No diuretics
6	36-38 hours later Day Surgery	<ul style="list-style-type: none"> Fertility specialist egg collection under light GA Partner sperm collection Fertilisation 	<ul style="list-style-type: none"> OHSS Bloating and high number of eggs collected Nausea & vomiting Difficult breathing Poor urine output Lower rib pain 	<ul style="list-style-type: none"> IVFAustralia tests: <ul style="list-style-type: none"> Assessment - FBC, EUC, LFT Extreme acute pain - Dopler ultrasound Rare <ul style="list-style-type: none"> IV Hydration - chest x-ray (usually on hospital admission)
7	2-5 days later Clinic treatment room	<ul style="list-style-type: none"> Embryo transfer (similar to pap smear) and/or freeze Progesterone / hCG 	<ul style="list-style-type: none"> Embryo transfer / embryo freeze Progesterone / hCG to support implantation 	
8	Approx. 2 weeks later	<ul style="list-style-type: none"> Confirmatory blood test 	<ul style="list-style-type: none"> ? Infection Fevers Abdominal discomfort UTI's common Rare - pelvic abscess 	

IVFAustralia's Network of care	Alexandria 8372 3200	Sydney City 8346 6800	Bondi Junction 8305 9800	Burwood 8346 6840	Castle Hill 9894 4419	Dee Why 9950 6000	Gosford 4349 2000	Greenwich 9425 1600	Kogarah 8567 6955	Liverpool 8844 1575	Miranda 8567 6980	Newcastle 4957 8515	Westmead 8844 1550
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