

## SECTION 2.19 INFERTILITY

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Title X Guidelines require that Family Planning Programs provide Level I infertility service, basic education and fertility assessment, as indicated. Level I services include history and physical exam, laboratory testing (hemoglobin or hematocrit, Pap **test**, gonorrhea and Chlamydia), counseling, and appropriate referral for those requiring more extensive assessment and treatment.

### I. Subjective

Complete medical history, including:

- A. Detailed menstrual and sexual history;
- B. Duration of infertility: previous tests and treatment;
- C. Number of pregnancies, **spontaneous** abortions and current lactation status; if previous pregnancies were conceived with a different partner;
- D. Length of time required to initiate each pregnancy;
- E. Complications of any pregnancy.

### II. Objective

- A. Physical examination with special attention to body habitus, **BMI**, fat and hair distribution, acne, secondary sex characteristics, **abnormalities of the thyroid gland, galactorrhea, and pelvic exam.**
- B. Appropriate laboratory testing, including **a pregnancy test and STI screening.**

### III. Plan

- A. Client Education
  1. Counseling should cover the following:
    - a. Anatomy and physiology;
    - b. Menstrual cycle and fertile periods;
    - c. Fertility awareness techniques (BBT and cervical mucous changes during the cycle) and optimizing timing of intercourse;
    - d. Validation of feelings/anxiety about fertility issues.
- B. Referral
  1. Referral is indicated if the woman reports regular, unprotected intercourse with the same partner for one year or more without conceiving.
  2. Typically the client and her partner should try to conceive for 12 months before being referred, however; a referral should be expedited in the following circumstances:
    - a. Woman is over the age of **35**;
    - b. History of irregular menstrual cycles;
    - c. Known history of a disease or a condition in either partner which could cause fertility problems (ie., previous pelvic surgery, PID, ectopic pregnancy or symptoms suggestive of endometriosis in the woman or mumps for the man);
    - d. Neither partner has ever produced a pregnancy despite having unprotected intercourse.