



2.7.4 BASIC INFERTILITY SERVICES

POLICY:

Basic infertility services and counseling around achieving pregnancy are included as core family planning services in the Providing Quality Family Planning (QFP) Services Recommendations of the CDC and the US OPA.

PROCEDURE:

Infertility visits to a Title X family planning agency focus on determining potential causes of infertility and making needed referrals to specialty care. The ASRM recommends that the evaluation of both partners should begin at the same time.

Counseling provided should be guided by information obtained during the visit, through the history and physical exam.

If there is no apparent cause of infertility, staff should educate the client on how to maximize fertility.

- The client should be educated about peak days and signs of fertility.
- Women with regular menstrual cycles should be advised that vaginal intercourse every 1–2 days beginning soon after the menstrual period ends.
- Methods or devices designed to determine or predict the time of ovulation (e.g., over-the-counter ovulation kits, digital telephone applications, or cycle beads) should be discussed.
- It should be noted that fertility rates are lower among women who are very thin or obese, and those who consume high levels of caffeine (e.g., more than five cups per day).
- Smoking, consuming alcohol, using recreational drugs, and using most commercially available vaginal lubricants should be discouraged as these might reduce fertility.

Typically, the client and partner should try to conceive for 12 months before being referred, however; a referral should be expedited in the following circumstances:

- Woman is over the age of 35
- History of irregular menstrual cycles
- Man has a history of bilateral cryptorchidism or other infertility risk factors or concerns
- Known history of a disease or a condition in either partner which could cause fertility problems (i.e., previous pelvic surgery, PID, ectopic pregnancy or symptoms suggestive of endometriosis in the woman or mumps for the man)
- Neither partner has ever produced a pregnancy despite having unprotected intercourse



RESOURCES:

ND FPP Protocol RD-15 Basic Infertility

ND FPP Protocol CON-16 FABM

RHNTC Family Planning and Related Preventive Services Checklist
[Checklists for Family planning and related preventive health services \(rhntc.org\)](#)

RHNTC Basic Infertility Services [Search | Reproductive Health National Training Center \(rhntc.org\)](#)
[Treating Infertility | ACOG](#)

[Infertility Workup for the Women's Health Specialist | ACOG](#)