



# High Desert Health System POLICY AND PROCEDURE

POLICY NUMBER: 780  
VERSION: 1

## **SUBJECT: 2015 INFERTILITY SERVICES**

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**PURPOSE:** To make available basic infertility services to women and men desiring such services.

**POLICY:** The Antelope Valley Health Center Family Planning Clinic will provide basic (Level 1) services to clients, including initial fertility interview, education, physical examination, counseling, and appropriate referral, if needed.

### **POLICY GUIDELINES:**

The basic (Level 1) infertility appointment shall include:

#### **Review Menstrual History:**

Age  
Age at menarche  
Lifetime pattern of menses  
Premenstrual symptoms (e.g., breast tenderness)  
Current menses (frequency, length, flow)

#### **Review Medical History:**

Diabetes	Thyroid	Cardiac	Ovarian cysts
Weight over time (teens, 20's, etc.)		Systemic lupus erythematosus	
Galactorrhea	Endometriosis	Fibroids	

#### **Review Surgeries:**

Dilation and curettage	Bilateral tubal ligation	C-Section
Cervical cone biopsy		

#### **Review Partner Fertility:**

Ever proven  
Ever had semen analysis  
Chemotherapy, mumps, surgeries

**Review Intercourse History:**

Number of months attempting pregnancy  
 Pattern of intercourse during week  
 Intercourse during fertile days  
 Problems with intercourse: pain, failure to ejaculate, other

**Diagnoses: (all that apply)**

Primary infertility	Secondary infertility	Probable anovulatory cycling
Probable tubal factor	Unproven partner	Possible cervical factor
Unexplained	Other	

**Review Obstetric History:**

Gravida  
 Para  
 Therapeutic abortion  
 Spontaneous abortion (at gestational age)  
 Ectopic  
 Living Preterm Date of last intrauterine pregnancy  
 Genetic disorders in offspring

**Review Complications in Pregnancy:**

Gestational Diabetes	Infection	Hemorrhage	Hypertension
Other			

**Review Family History**

Infertility                  Diabetes                  Genetic disorders  
 DES exposure (maternal mother)

**Review Sexually Transmitted Infection History:**

Pelvic inflammatory disease	Herpes	Trichomoniasis
Chlamydia	GC	HIV
		Other

Number of lifetime partners  
 History of bisexual partner

**Review of Contraceptive History**

**Review Habits**

**Review Physical Exam:**

Weight, height, body mass index (calculate)

Thyroid

Nipple discharge

Abdominal mass

Androgen sensitivity/excess signs

Pelvic masses

Immobility of pelvic organs

Discharge, infection, pelvic tenderness

**Labs to order:**

Pap            GC/CT            HIV            RPR

**Instruction to patient:**

1. Menstrual calendar, cycle beads
2. Nutritional counseling and recommend weight loss if patient is overweight
3. Timed coitus every other day, at least 3 times, starting 2-3 days prior to ovulation. Ovulation may be calculated using prior cycle lengths with urine ovulation detection tests.
4. Prenatal vitamins for 3 months prior to conception (some patients may need more folate by prescription); consider condom use if patient has not had 3 months of folate supplementation

**5. Referral to GYN:**

    <34 years of age and one year of trying to get pregnant

    >34 years of age and six months of trying to get pregnant

**REFERENCES:**

Department of Health and Human Services, Office of Population Affairs (OPA)

Program Requirements Title X

California Family Health Council (CFHC)

California State Office of Family Planning (OFP)

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California Department of Public Health Office of Family Planning (FPACT)

Patient Education and Counseling Protocol, Los Angeles Biomedical Research Institute at Harbor –UCLA Medical Center, Torrance, California

Approved By: Beryl Brooks (ADMR,COMP AMB HEALTH CARE CENTER), Ruth Oren (CHIEF PHYSICIAN I ANESTHESIOLOGY), Susan Knapp (CHIEF NURSING OFFICER I)	
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