



Shady Grove Fertility

MEDICAL UPDATE

Updated Guidelines: When to Refer a Patient for Infertility

A well-timed fertility evaluation can increase treatment options and success rates.

Ongoing medical research continues to improve the standards of reproductive care and make it easier for patients to access the treatment they need in order to start or grow their family. As a result, the recommendations for when to refer a patient with suspected or known infertility have been updated.

FEMALE AGE	OUTDATED RECOMMENDATION	NEW/CURRENT RECOMMENDATION
	<ul style="list-style-type: none"> - Under 35: After 12 months of unprotected intercourse - Over 35: After 6 months of unprotected intercourse 	<p>Same recommendations still exist. A woman's age is the single most important factor affecting fertility. Early diagnosis and treatment offers the best chances of success.</p>
ENDOMETRIOSIS	<ul style="list-style-type: none"> - Laparoscopic surgery - 6-month course of treatment with Lupron injections - Refer for advanced care 	<ul style="list-style-type: none"> - Patients with advanced stages of endometriosis, 3 or 4, should consult with a specialist along with their physician prior to scheduling surgical procedures - Studies have found surgery can damage ovarian tissue - If present, appropriate treatment of a hydrosalpinx must be considered
PCOS/ANOVULATION/IRREGULAR MENSES	<ul style="list-style-type: none"> - Clomid to induce ovulation; <ul style="list-style-type: none"> - Women <38 no more than six cycles - Women >38 no more than three cycles - 3 months trial of metformin to induce ovulation - 6-month course of treatment with Lupron injections - Refer for advanced care 	<ul style="list-style-type: none"> - Clomid treatment <ul style="list-style-type: none"> - Women <37 - no more than three or four cycles - Women >37 - refer immediately - Metformin is no longer considered a primary treatment
PREVIOUS VASECTOMY	<ul style="list-style-type: none"> - Female fertility work-up - If abnormal fertility evaluation, refer immediately - If normal female fertility evaluation, vasectomy reversal - If not pregnant after 1 year: Clomid or refer for advanced care 	<ul style="list-style-type: none"> - If normal female fertility evaluation in women <35: consider IVF or vasectomy reversal at SGF - Consider a more rapid referral if <ul style="list-style-type: none"> - Women >35 - Abnormal fertility evaluation, any age - If vasectomy reversal <ul style="list-style-type: none"> - Refer immediately if no sperm is found in the ejaculate 2 months post-reversal
PREVIOUS TUBAL LIGATION	<ul style="list-style-type: none"> - Tubal ligation reversal: refer after 12 months if pregnancy has not occurred 	<ul style="list-style-type: none"> - If normal female fertility evaluation in women <35: tubal ligation reversal and try for 6 months before referring - Consider a more rapid referral for IVF if <ul style="list-style-type: none"> - Women >35 - Abnormal fertility evaluation, any age
RECURRENT PREGNANCY LOSS	<ul style="list-style-type: none"> - Begin work-up or refer for testing/treatment after three losses 	<ul style="list-style-type: none"> - Begin work-up or refer for testing/treatment after two losses



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When to Refer a Patient for an Infertility Evaluation and Consultation

Read the latest guidelines inside:

- Referral based on female patient's age
- Referral by medical history
 - Endometriosis
 - Ovulatory disorders
 - Prior male and female sterilization
 - Recurrent pregnancy loss

Largest fertility referral network in the United States.

1,700

Physicians refer their patients to Shady Grove Fertility each year.



WHO SHOULD BE REFERRED FOR EGG FREEZING?

Women ages 30 to 40 not considering conception in the near future, with those in their early- to mid-30s having the highest chance of success.

Women with a medical history that includes:

- Recent cancer diagnosis
- Endometriosis
- Endometriomas
- Dermoids
- Family history of premature ovarian failure or early menopause

UPDATED REFERRAL RECOMMENDATIONS INSIDE ►

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