

Pre-requisite	The woman and partner BOTH need to be NZ residents or be eligible to live in NZ for at least 2 consecutive years.
Indications for referral	Not pregnant after 12 months of intercourse and trying for Anovulation or very irregular periods (<20 or >42 days) Severe sperm factor, such as azoospermia Known tubal infertility Genetic conditions amenable to preimplantation genetic diagnosis
Indication for urgent referral	Fertility preservation (sperm egg or embryo storage) before cancer treatment or similar for post-pubertal adolescents and men or women with no children
Exclusion criteria	Woman aged 40 or older Woman's BMI >32 or <18 Woman smoking in past 3 months Two or more children to the relationship (twins are 2 children, adopted children count) Two or more children living at home
Co-morbidities	Women with co-morbidities may require referral to Maternal Medicine for pre-pregnancy counselling
Advice for couple	Take folic acid and iodine Minimise alcohol and caffeine intake Both partners to stop smoking Advise about weight management for optimal BMI range Check woman's Rubella status and immunise if non-immune Offer Chlamydia screening to both partners Offer cervical smear according to schedule Intercourse 2-3 times per week around the middle of the cycle