



Are you struggling to conceive?

Struggling to conceive can be a stressful and emotionally challenging experience.

It's important to understand that fertility issues can affect **both** men and women, and there are many possible causes. If you've been trying to get pregnant for a year (or six months if you're over 35) without success, it's recommended that you seek support – please ask for a referral to a consultant-led fertility clinic for a specialist fertility assessment.



8/10 couples under 40 who are having regular sex (at least 3 times a week) without contraception will conceive within 1 year.

Advice to patients planning your pregnancy – NHS

www.nhs.uk/pregnancy/trying-for-a-baby/planning-your-pregnancy



Stop smoking – ask your GP for support on how to quit



Stop drinking alcohol or try to reduce alcohol intake



Maintain a healthy weight (BMI<30) – being overweight can affect fertility and make pregnancy more difficult



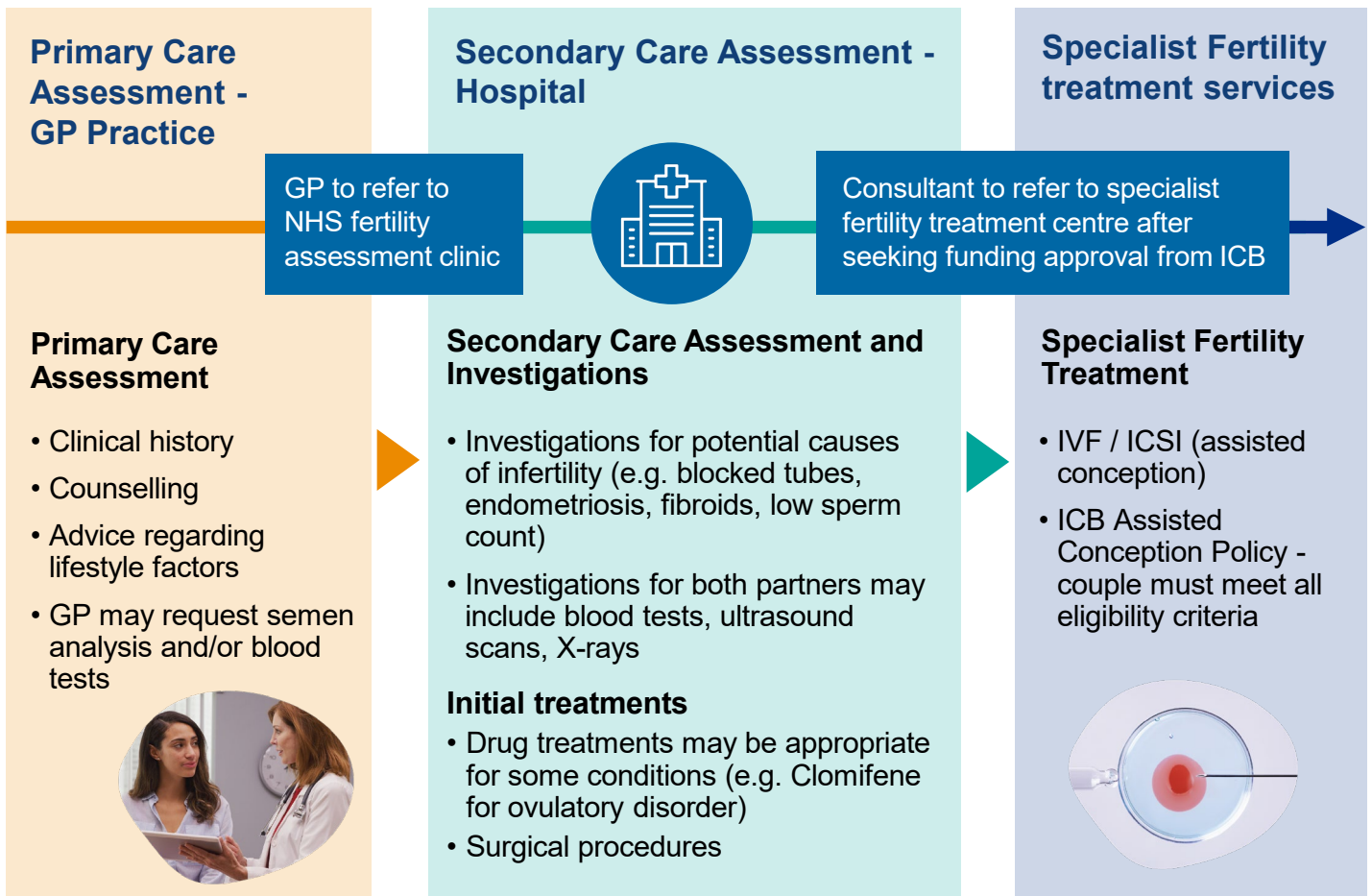
Take folic acid supplements – these can be bought over the counter at pharmacies or many high street stores



Make sure you are immune to Rubella (German measles) - ask your doctor who will check your vaccination history



Care Pathway



Definition of assisted conception

Assisted conception is the name given to treatments that can help you get pregnant without you having sexual intercourse.

There are a variety of treatments, and what is suitable for you will depend on your own circumstances, treatments may include IVF or ICSI. Further information about fertility testing and treatment options can be found on the NHS website:

www.nhs.uk/conditions/infertility

Assisted conception is a restricted procedure and is not available to everyone. In Staffordshire and Stoke-on-Trent, women must be 39 or under when they are referred for assisted conception treatment. Fertility tests and investigations in secondary care take time so it is important to seek a referral for assessment as soon as possible (after 1 year of trying to conceive).

Guidance and useful resources

Patient information

www.nhs.uk/conditions/infertility

National guidance

cks.nice.org.uk/topics/infertility/management/management

Commissioning policy



Scan the QR code to view the full policy 'SSOT ICB Assisted Conception for Infertility'.

Charities that support people impacted by infertility

Fertility Network offer a wide range of resources and support.

www.fertilitynetworkuk.org

Support and Information line: 01424 732361

BICA: Professional Infertility Counselling Association in the UK. www.bica.net