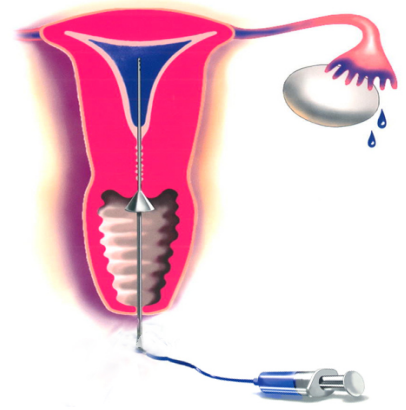


Subfertility Investigation



Subfertility is considered if a couple fails to achieve pregnancy within 1-2 years. For an ordinary couple trying to have a baby, 57% will conceive after 3 months, 72% after 6 months, 85% after 1 year and 93% after 2 years. Hence investigation for subfertility is usually done after failing to achieve a pregnancy by 1 year. If there are other risk factors like advanced maternal age or irregular menstrual cycles, these tests will be done earlier.

Subfertility affects 10-15% of couples. In 35% of cases, a male factor is the reason; in 45% of cases, a female factor and in the remaining 20%, no reason can be found. The basic tests are Ovulation Function, Tubal Function and Sperm Analysis. Additional tests will be needed if there is menstrual irregularity or pain.

OVULATION FUNCTION

- ❖ Urine Ovulation Test Kits between 12th to 16th day of the menstrual cycle
- ❖ Blood Progesterone level around the 21th day of the menstrual cycle. Levels > 30nmol/L is a positive test.

TUBAL FUNCTION

- ❖ Ultrasound Hydrotubation
- ❖ Xray Hysterosalpingography
- ❖ Laparoscopic Hydrotubation and Hysteroscopy. This is day surgery procedure under general anesthesia. Though it is a surgical investigation, it has the added benefits of performing treatment at Hydrotubation to improve fertility.

SPERM ANALYSIS

Volume	1.5 ml or more
Sperm Concentration	15 million or more / ml
Total Sperm	39 million or more
Sperm Motility	40% or more
Sperm Morphology	4% or more with normal oval heads
Vitality	58% or more alive

TREATMENT

- ❖ Ovulation function can be restored with Clomid or Fertility Injections
- ❖ Tubal Surgery may be needed if there is blockage seen.
- ❖ Sperm quality may improve with lifestyle changes, exercise, healthy diet and possibly vitamins and supplements.
- ❖ In cases where no apparent reason for subfertility is found, Intra-Uterine Sperm Insemination has been shown to improve pregnancy chances.
- ❖ Assisted Reproductive Technique like IVF and ICSI may be required for some couples who are still unable to get pregnant.



Dr Anthony Siow

MBBS MMED FRCOG MRANZCOG FAMS

Senior Consultant Obstetrician | Gynaecologist | Laparoscopic Surgeon
www.anthonysiw.com | anthonysiw@gmail.com

