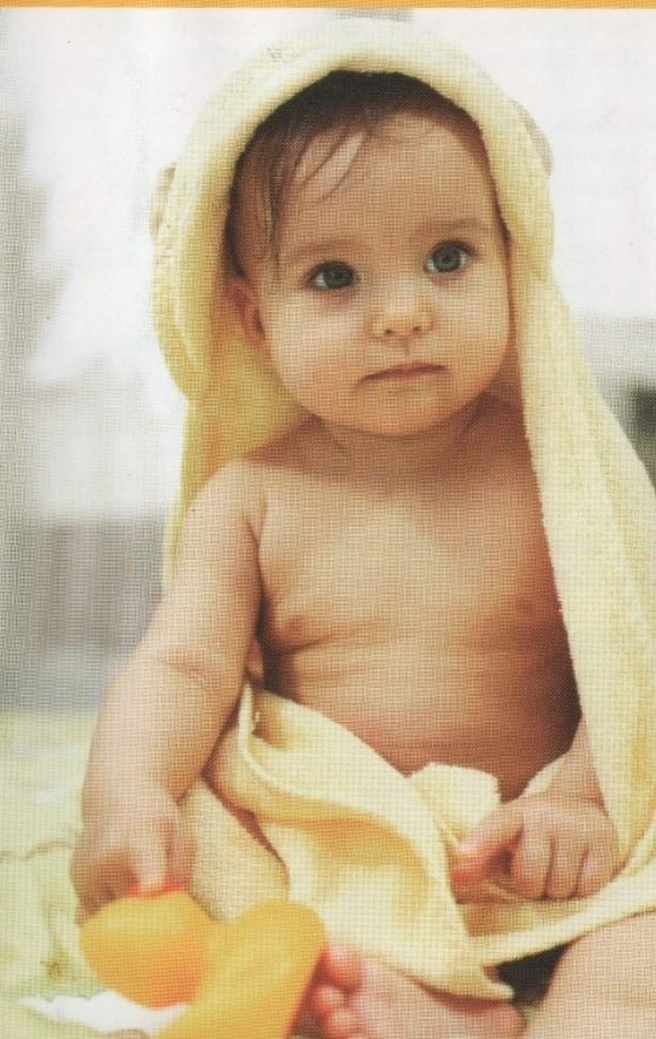


# What You Should Know About **SUBFERTILITY**



## **What's subfertility?**

The difficulty of a couple to conceive a child after a minimum period of one year of unprotected (without using any form of contraception) regular sexual intercourse, (minimum 2 or 3 times per week) with due attention to the fertile period.

## **Causes of subfertility?**

Female factors 30%

Male factors 40% and rising (contributory)

No contributory factors of male/female 30-40%

Both male and female factors 40-60%

## **Conditions of male genital tract**

Most male factors are unknown

Reasons that are known to cause Subfertility

- Smoking
- Stress
- Environmental pollution
- Varicocele (knotting of the veins of the genital tract)
- Undescended testes by birth

## **Diseases of the female genital tract**

- Altered egg maturation  
eg: PCOS
- Inflammation and the diseases of the tubes
- Internal periods (Endometriosis)

## **Coital problems**

- Pain(Dyspareunia) or muscle spasm (vaginismus) during intercourse
- Impotence (no erection or cannot sustain erection)

## **What age is best to get pregnant?**

Optimum age for a pregnancy is between 25 - 30 years.

Up to 35 years quality of eggs is satisfactory. It is advisable to complete the family (have the desired number of children) before 35 years of age.

## **Other supporting factors**

- ✓ Maintain body weight within normal range (weight according to height)
- ✓ Good habits eg: Non smoker and non alcoholic, not consuming other drugs
- ✓ Attention to hygiene specially of the genital area
- ✓ Stress management provides a healthier living
- ✓ Regular unprotected intercourse throughout the month (without contraception) at least 2 or 3 times per week, with attention to fertile period.
- ✓ Abnormal persistent bleeding, discharges, associated itching, soreness in both male and females should be reported.

## **Things to remember when planning for a pregnancy**

- ✓ The pregnancy should be wanted by both partners.
- ✓ Make sure to take Rubella vaccination prior to getting pregnant
- ✓ Have regular unprotected sexual intercourse
- ✓ Awareness about the fertile period
- ✓ Control other diseases as much as possible eg: diabetes, hypertension etc.
- ✓ If further clarification is needed talk to a health care professional (public health mid wife, nurse, doctor)
- ✓ Starting Folic Acid 1mg daily prior to the pregnancy helps the normal formation of the unborn baby.

## When to seek help?

- At the time of the marriage- for general marital counseling
- After 6 months to 12 months- basic information and check up
- Seek help at 12 months.
- For a woman over 35 years of age – seek help after a period of 6 months
- If risk factors for infertility are present,conception is delayed following a previous pregnancy, investigations should be done after 6 months of trying.

## Management process of the couple?

First both you and your partner will be examined by the doctor for possible reasons affecting fertility.

Reason for childlessness will be analyzed and a basic set of investigations will be done which include,

<b>Tests for Male</b>	<b>Tests for female</b>
1) Seminal Fluid Analysis(SFA) -tests your semen quality and quantity	1) Temperature chart - to check the ovulation (2-3 cycles)
2) Depending on SFA report Ultrasound Scan of the Genital tract/ hormonal tests, testosterone/FSH will be offered.	2) Ultra Sound Scan of the genital tract -To check whether you have mature ova (egg cells), abnormality in the uterus and fallopian tubes
	3)To check the shape of the uterus and patency of the tubes- HSG
	4) Laparoscopic dye test



## **Management options**

- Medicines to mature eggs and induce ovulation when indicated
- IUI - Intra Uterine Insemination  
The best quality sperms are obtained to be deposited in your womb.
- Assisted fertilization  
Eggs are taken out of the body and are fertilized with your partners/donor's sperms by;
  1. IVF- natural fertilization of the eggs by added sperms
  2. ICSI - One selected sperm is introduced into one egg. The resulting embryo is replaced in the womb for natural development of the baby.  
(Eggs and sperms may be obtained by donors as well)

## **Where and by whom can you get help?**

- Subfertility Clinics at Government Hospitals
- Subfertility Clinic at the Family Health Bureau (FHB)
- Centre for Family Health Clinic at FPA Sri Lanka
- Specialists at Private Hospitals
- Family Doctor
- Government Subfertility Clinics



enriching relationships

**The Family Planning Association of Sri Lanka**  
FPA Sri Lanka, the Pioneer in Sexual and Reproductive Health in Operation offers a range of SRH Services since 1953, through its center for family health.

## Centre for Family Health

37/27, Bullers Lane, Colombo 7

Tel : 011 2 555 455

Fax : 011 2 55 66 11, 2 580 915

E-mail : [cfh@fpasilanka.org](mailto:cfh@fpasilanka.org)

Monday - Friday 8.00a.m. - 4.00p.m.

Closed on

Weekends, Poya and Mercantile Holidays

## Happy Life Contact Centre



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TELEPHONE

011 2 588 488

English இலங்கை தமிழ்

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Obtain information, medical advice or counseling services on reproductive health using these methods