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Proper counseling prior to infertility treatment: Accurate diagnosis is the first step!

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Background: The aim of this article was to describe the application of diagnostic sonography in the evaluation of infertility and the instruction of which for midwives.

Methods: A narrative review was performed within articles published at PubMed, Elsevier, SID and original text books to reach the aim.

Results: Infertility is a medical condition, but it affects all aspects of life! Thus, most of infertile couples seek to treat this bothering condition by means of medical therapy or new assisted reproduction techniques (ARTs). The information-giving and counseling of the infertile patients usually takes place in the infertility centers. The first step of infertility treatment counseling is to recognize the infertility causes to choose the best method of treatment. Diagnostic sonography in fact, is the first imaging modality in the investigation of the female infertility which provides information for detecting and characterizing possible factors of infertility such as: endometrial polyp, poly cystic ovary syndrome(PCOS), congenital uterine malformations, endometriosis, etc. Therefore, every midwife needs to learn about the application of which and how to provide treatment advices and counseling prior to treatment cycles by means of sonography reports. With respect to the importance of infertility workup before using ARTs, we introduced an instruction for sonographic evaluation of female infertility and choosing treatment methods that every midwife working at infertility treatment centers needs to know.

Conclusion: Sonography has a key role in correct diagnosis of infertility causes and helps midwives and obstetricians to make treatment choices and to provide proper counseling for patients.

Key words: infertility, assisted reproduction techniques, counseling, sonography