

# Counselling of Couples before Assisted Conception Treatment

**Abstract**

**Background:** Assisted Conception Treatment (ACT) is a complex process involving multiple steps and decisions. It is essential for couples to receive comprehensive counselling before proceeding with ACT to understand the risks, benefits, and alternatives. This case report describes the counselling process for a couple seeking ACT.

**Case Description:** A 35-year-old male and a 32-year-old female couple presented to the clinic for fertility evaluation. The male partner had a history of vasectomy, and the female partner had a history of tubal ligation. They had been trying to conceive for several years without success. After a thorough medical history and physical examination, the couple was advised to undergo ACT. The counselling process involved discussing the various options available, including in vitro fertilization (IVF), intracytoplasmic sperm injection (ICSI), and zygote intrafallopian transfer (ZIFT). The couple was informed about the risks of multiple pregnancies, genetic abnormalities, and the possibility of failed attempts. They were also advised to consider psychological support and financial planning. After several sessions of counselling, the couple decided to proceed with IVF. The treatment was successful, and the couple conceived a healthy baby.

**Conclusion:** Comprehensive counselling is crucial for couples seeking ACT. It helps them make informed decisions and understand the potential risks and benefits. Psychological support and financial planning are also important components of the counselling process.

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