

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 undergoing ACT to understand the risks, benefits, and ethical implications. This case report describes the counselling process for a couple seeking ACT.

Case Description: A 35-year-old couple with a history of infertility for 10 years sought counselling for ACT. The couple had been trying to conceive naturally for several years without success. They were considering various options, including in vitro fertilization (IVF) and surrogacy. The counsellor provided information about the different options, the success rates, and the potential risks and ethical considerations. The couple decided to proceed with IVF after a thorough discussion and counselling.

Conclusion: Comprehensive counselling is crucial for couples before undergoing ACT. It helps them make informed decisions based on their values, beliefs, and circumstances. The counsellor should provide clear and unbiased information, and support the couple in their decision-making process.

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