



Trying To Conceive?

Many of our patients are actively “trying to conceive” and not always sure when during each cycle are the most fertile days. For healthy, young couples, we don’t start to be concerned medically about infertility until a pregnancy has not occurred after *at least one year* of “Trying”: using no birth control method and timing sexual intercourse during the most fertile time of a woman’s cycle. 80% of couples conceive during the first year of “trying.”

If you have a history of a sexually transmitted infection or pelvic surgery, or if your menstrual cycles are more or less than 20-40 days apart, you may need an evaluation sooner than one year. Also, if you have other medical concerns (e.g., depression, diabetes, thyroid disease, etc.) or use tobacco, alcohol or other drugs, you may want to have a visit with one of our providers while planning for a pregnancy.

One website tool that has been helpful to a lot of our patients is listed below. The information is accurate and the website can help you track your own cycles and indicators of fertility (e.g, basal-body-temperatures, cervical mucus, etc.). Over-the-counter urine Ovulation Predictor Kits can also be helpful if your cycles are at regular intervals.

www.fertilityfriend.com

Good luck and be patient! Enjoy the baby-making part of the process, Parenthood will come soon enough! Please call us if you have any other concerns or to schedule an appointment at (435) 716-1920.

P.S. Start a good multivitamin or prenatal vitamin for at least 3 months before trying to conceive to ensure your folic acid levels are adequate enough to prevent neural tube defects like spina bifida.