



# Fertility Instructions

Approximately 10 percent of couples in the United States struggle with fertility issues. The problem may be straightforward and relatively easy to treat or multifaceted, involving both partners, and require more complex interventions. Some factors that contribute to infertility are related to lifestyle issues (such as poor nutrition or anorexia), obesity, exposure to drugs, sexually transmitted infections, abnormal hormone levels or even scarring in the fallopian tubes or on the ovaries.

**In 15% of infertility cases, no cause (male or female) can be found.**

A medical history and physical exam are the first steps to evaluating your general health and ability to conceive. Specialized testing may be necessary to further evaluate the cause and assist in helping you to achieve pregnancy. Some of these tests may include laboratory work, a semen analysis, ultrasound, a hysterosalpingogram (HSG is a test that uses dye to check if the fallopian tubes are open) or outpatient surgery may be indicated. The cost incurred with these interventions may or may not be covered by your insurance company.

**It is reassuring to know that most couples (about 85 percent) are able to become pregnant within the first 12 months of not using any form of contraception.**

Any woman trying to get pregnant should work on making herself as healthy as possible. This includes taking a prenatal vitamin, eating a healthy diet and exercising regularly.

Men and women, young and old, pregnant or not, EVERYONE should exercise on a regular basis.

Nutritious food choices such as whole grains, fruits and vegetables, lean sources of protein and adequate calcium will not only provide the nutrients necessary to help your baby grow, but will also make you look and feel better, regulate blood sugar and facilitate weight loss or maintenance.

Clomiphine citrate (*Clomid*) is one medication that is frequently used to help stimulate the ovaries. This is particularly helpful in the case of polycystic ovarian syndrome (or PCOS), when a woman experiences irregular periods because the ovaries are not releasing an egg on a regular basis. This medication is started at low doses, as it may thicken the cervical mucus and make it more difficult for sperm to penetrate into the uterus. Women on clomiphine have a slightly increased chance of having twins. Ovarian enlargement is also a small risk from overstimulation. Metformin (*Glucophage*) is sometimes used concurrently to decrease insulin sensitivity. However, more important than medications are LIFESTYLE CHANGES, particularly if your body mass index (BMI) is elevated. A weight loss of just five to ten percent may be enough to induce regular periods and release of an egg, enabling you to conceive spontaneously, without the use of medications.

## FAST FACTS: CLOMIPHINE

- About 80% of women will ovulate using clomiphene.
- 30 to 40 percent will become pregnant (and 75 percent of these pregnancies will be within the first three to six cycles).
- Multiple births occur in five to eight percent of couple using clomiphene.
- Side effects may include over-stimulation of the ovaries, flushing, stomach upset, breast tenderness, changes in vision, headache or irregular bleeding.

### PAYSON

15 S 1000 E Suite 125  
Payson, Utah 84651  
Phone: 801-465-2559

### SPANISH FORK

325 W Center  
Spanish Fork, Utah 84660  
Phone: 801-465-2559

Visit -

[CanyonViewWomensCare.com](http://CanyonViewWomensCare.com)  
for additional information on other  
interesting health topics.



# Instructions

A menstrual cycle is tracked from the FIRST day of one cycle to the FIRST day of your next cycle. Please record the frequency of your cycles, so we can discuss exactly how many days apart each period actually is. Day one is the first day you start to bleed.

<u>Cycle Day</u>	<u>Instructions</u>
<b>1</b> _____	First day of bleeding
<b>5-9</b> or <b>3-7</b> as instructed _____	Take clomiphine citrate ( <i>Clomid</i> )
<b>10-20</b> _____	Ovulation predictor kits (follow instruction on your specific kit). Intercourse approximately every other day (if you have longer, closer to 35 day cycles, start predictor kits between days 16 to 18)

More important than stressing over the frequency of intercourse and trying to become pregnant is to enjoy each other!

<b>14-15</b> _____	Hopeful change in ovulation predictor kit (may be later if you experience longer cycles) (CLEAR BLUE EASY is a good choice but any brand is acceptable.)
<b>28-35</b> _____	Home pregnancy test if no period

## If the pregnancy test is....

### Positive

**Congratulations!** Continue with your prenatal vitamins, healthy diet and regular exercise. Make an appointment to be seen between 8 and 10 weeks gestation unless you have questions or need attention sooner.

### Negative

Start a round of Progesterone to help stimulate a menstrual cycle. *Provera* should be taken daily for 10 days and menstrual flow usually begins within 2 to 7 days after STOPPING the medication. If you don't have a period despite the medication, please contact our office.

**NOTE:** If this is your second month on the same dose and you are uncertain as to how to read the home ovulation predictor kit, please contact the office around day 21 (about a week before you think you are going to start your cycle) to discuss if laboratory work would be beneficial.

Reproductive endocrinologists for more invasive procedures (such as insemination and in vitro fertilization) are also an option for more complicated situations. Some local resources include:

Reproductive Care Center (Sandy)..... 801-878-8888  
Utah Fertility Center (Pleasant Grove)..... 801-785-5100  
Center for Advanced Reproductive Medicine (American Fork)..... 801-756-4313

