

Explaining Infertility

I work extensively with clients struggling with unexplained infertility and usually find basic investigations have been overlooked. This is a list of where to start, a checklist for you to keep track of what has and has not been Investigated.

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Unexplained Infertility Checklist

| Basic Female Blood Tests | | Result / When |
|---|--------------------------|----------------------|
| Menstrual Hormones: FSH, LH and Oestradiol (on day 2/3 of your cycle) | <input type="checkbox"/> | |
| Progesterone (6/7 days after ovulation or 6/7 days before the period) | <input type="checkbox"/> | |
| Prolactin | <input type="checkbox"/> | |
| Vitamin D | <input type="checkbox"/> | |
| Folate & B12 | <input type="checkbox"/> | |
| Ferritin | <input type="checkbox"/> | |
| Thyroid: TSH, FreeT4, FreeT3, thyroid antibodies (TGA & TPO) | <input type="checkbox"/> | |
| Testosterone, DHEA, SHBG | <input type="checkbox"/> | |
| Insulin Resistance | <input type="checkbox"/> | |
| Basic Structural Tests | <input type="checkbox"/> | |
| Tubal patency | <input type="checkbox"/> | |
| Ultrasound (fibroids, polyps, cysts, signs, endometriosis or adhesions) | <input type="checkbox"/> | |
| Basic Male Factor Tests | | Result / When |
| Semen Analysis (inc count, motility, morphology, pH, white blood cells) | <input type="checkbox"/> | |
| Semen Culture | <input type="checkbox"/> | |
| If there are varicocele, get them checked by a urologist (not just by a GP) | <input type="checkbox"/> | |

Knowledge Is power. Work with a practitioner like me who will help you work out what tests to do and help you to understand the results.

When it comes to Blood Tests, do not take 'Normal' for an answer - what is normal for a GP is not necessarily ideal for fertility. Always ask for the actual results.

Track and monitor your cycle - BBT chart if you can. Really get to know your cycle, It can hold many clues.

- 28-32 days, 3-5 day bleed, little PMT.
- Fresh, red, free-flowing bleed
- Little or no pain
- No spotting, no blobby clots
- Egg-white cervical mucus pre ovulation

If your cycle Isn't like that, try acupuncture!

A standard NHS semen analysis does not prove sperm is fertile and long-term Infertility often Involves sperm issues too.

Male factor fertility can often be improved once the cause can be identified. IVF is not the only solution to male factor infertility - work with someone who understands that.