

# UNDERSTANDING MY FERTILITY JOURNEY

This step-by-step guide will provide some insight into what this journey might be like for me and how you can be supportive along the way.

## STEP 1

*We'll need some tests  
(or fertility evaluations)*

**These evaluations may include:**

- Blood work
- Semen analysis
- Ultrasound
- HSG test
- Diagnostic hysteroscopy

These tests will help my doctor figure out what could be going on. There's a chance I could find out it's unexplained infertility, which will be hard for me, or I may get news I wasn't expecting.



**Offering support or even just letting  
me vent will be helpful.**

## STEP 2

*My fertility specialist  
(or reproductive endocrinologist)  
may recommend treatment*

**These treatments can be:**

- Ovarian induction (OI)
- Intrauterine insemination (IUI)
- In vitro fertilization (IVF)
- Intravaginal culture (IVC)

I may be put on hormones before starting some of these procedures, which could make me feel emotional. I may not feel up for our usual things.



**If I seem distant or not myself,  
I'll need you to be extra understanding.**

## STEP 3

*Treatment may last for a while...*

Treatment isn't a guarantee, which means I may not have success the first or even third time around. I'll be putting my body through a lot—physically and mentally—and this may be very exhausting for me.



**Please be patient during this time.**

## STEP 4

### *If I get pregnant...*

Of course, we hope for a pregnancy! However, if I do get pregnant, I may feel anxious and be extra cautious. I may not want to tell people right away because of a possible miscarriage or complications.



#### **I'll need you to read my cues:**

- Don't get too excited
- Please respect my privacy and don't tell anyone unless I give you permission to do so
- Refrain from buying baby gifts or offering baby advice if I'm not ready
- When it's time to get excited, you will know and we can celebrate together!

**Your support and understanding  
mean the world to me.**

If you want to read up on the ins and outs of infertility, check out [FertilityOutLoud.com](https://www.fertilityoutloud.com).