



Here's the plan...

Medical Definition: Diminished or absent ability to conceive and bear offspring. A couple is considered to be experiencing infertility if conception has not occurred after 12 months of sexual activity without the use of contraception. Infertility can have many causes and may be related to factors in the male, female, or both.

Common tests needed: Pelvic ultrasound, Test hormone levels, Hysterosalpingogram, and Semen analysis

Clomid is an oral medication that can be used to stimulate ovulation. It works by blocking estrogen receptors at the hypothalamus, which is an important "hormonal control center" for the body. When this happens, the hypothalamus is stimulated to release follicle stimulating hormone (FSH), and luteinizing hormone (LH). These are the naturally occurring ovarian stimulants, which prompt ovulation in a normal cycle. Side effects with Clomid can be hot flashes, higher chance of twins, headaches and breast tenderness.

The table below will help you to know when to take Clomid, time Intercourse, and test progesterone level.

Day 1 Bleeding starts	Day 2	Day 3 Take Clomid	Day 4 Take Clomid	Day 5 Take Clomid	Day 6 Take Clomid	Day 7 Take Clomid
Day 8	Day 9	Day 10	Day 11	Day 12 Intercourse	Day 13	Day 14 Intercourse Possible Ovulation
Day 15	Day 16 Intercourse	Day 17	Day 18 Intercourse	Day 19	Day 20	Day 21 Check Progesterone
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28-30 Pregnancy test

For hysterosalpingogram- River woods Imaging (801) 229-2002,
3152 N University Ave #100 Provo, UT 84604

For Semen analysis- Utah Fertility Center (801) 785-5100,
1446 Pleasant Grove Blvd, Pleasant Grove, UT 84062