

The Key Steps To Get Pregnant (graphic)

THE KEY STEPS TO PREGNANCY

AFFECTING

FACTORS THAT MAY BE

A Woman must release an egg from one of her ovaries (Ovulation)

Ovarian Function: is ovulation occurring? Are there ovulation problems (PCOS, Amenorrhoea), what is the ovarian reserve? (AMH levels), is there premature ovarian insufficiency? Menopause?

A man's sperm must join with the egg along the way (Fertilization)

Is there enough cervical mucus for the sperm to move through? Is the sperm healthy enough? (DNA fragmentation? Antioxidant status)

The fertilized egg must go through a fallopian tube towards the uterus (womb)

Fallopian Tube Patency: are the tubes open, blocked or swollen? Is there history of pelvic infection, endometriosis, gonorrhoea, Chlamydia, ruptured appendicitis, abdominal surgery

The fertilized egg must attach to the inside of the uterus (implantation)

Uterine Health: what is the contour of the uterus? Is there presence of fibroids, is there sufficient progesterone?

Implantation has been successful

Maintaining pregnancy: progesterone & HcG levels, adequate thyroid health, autoimmune factors, clotting factors, viable embryo, cervical competence, nutritional status of female

Infertility may result from a problem with any or several of these

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