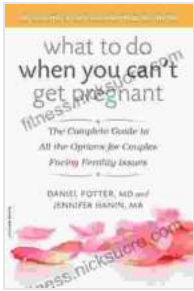


# What to Do When You Can't Get Pregnant



## What to Do When You Can't Get Pregnant: The Complete Guide to All the Options for Couples Facing Fertility Issues by Ally Nathaniel

★★★★☆ 4 out of 5

Language : English  
File size : 5760 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 353 pages



If you're trying to get pregnant and haven't been able to conceive after a year of unprotected sex, it's time to see a doctor. There are many possible causes of infertility, and your doctor can help you determine the cause and recommend the best course of treatment.

## Causes of Infertility

There are many different factors that can contribute to infertility. Some of the most common causes include:

- **Ovulation disorders:** These disorders can prevent the ovaries from releasing an egg each month.
- **Fallopian tube damage:** This can block the eggs from reaching the uterus.

- **Uterine abnormalities:** These can make it difficult for the fertilized egg to implant in the uterus.
- **Male factor infertility:** This can be caused by a low sperm count, poor sperm motility, or abnormal sperm morphology.
- **Unexplained infertility:** In about 15% of cases, the cause of infertility is unknown.

## Diagnosis of Infertility

Your doctor will likely start by asking you about your medical history and performing a physical exam. They may also order some tests, such as:

- **Blood tests:** These can check your hormone levels and rule out any other medical conditions that may be causing infertility.
- **Ultrasound:** This can be used to check the size and shape of your uterus and ovaries and to see if you are ovulating.
- **Hysterosalpingogram (HSG):** This is an X-ray that can be used to check for any blockages in the fallopian tubes.
- **Laparoscopy:** This is a surgical procedure that can be used to diagnose and treat some causes of infertility.

## Treatment for Infertility

The treatment for infertility will depend on the cause. Some common treatments include:

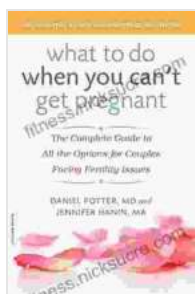
- **Medication:** This can be used to stimulate ovulation, improve sperm quality, or treat other medical conditions that may be causing infertility.

- **Surgery:** This can be used to correct uterine abnormalities, unblock fallopian tubes, or remove ovarian cysts.
- **Assisted reproductive technology (ART):** This includes procedures such as in vitro fertilization (IVF),intrauterine insemination (IUI),and gamete intrafallopian transfer (GIFT).

## Coping with Infertility

Infertility can be a difficult and stressful experience. It can lead to feelings of sadness, anger, and frustration. It's important to remember that you're not alone and that there are many people who have gone through similar experiences. There are also many resources available to help you cope with infertility, such as support groups, counselors, and online forums.

If you're struggling to get pregnant, don't give up. There are many different treatments available, and many couples who have been through infertility have gone on to have successful pregnancies.



## What to Do When You Can't Get Pregnant: The Complete Guide to All the Options for Couples Facing Fertility Issues

by Ally Nathaniel

★★★★☆ 4 out of 5

Language : English  
 File size : 5760 KB  
 Text-to-Speech : Enabled  
 Screen Reader : Supported  
 Enhanced typesetting : Enabled  
 Word Wise : Enabled  
 Print length : 353 pages





## Reflections For Your Heart and Soul: A Journey of Self-Discovery and Healing

In the depths of our hearts, we hold a wellspring of wisdom and resilience. Reflections For Your Heart and Soul invites you on a transformative...



## The Heroines Club: Empowering Mothers and Daughters

The Heroines Club is a mother daughter empowerment circle that provides a supportive and empowering environment for mothers and daughters to...