

## ***When You Begin Attempts to Conceive (#20)***

If you are trying to get pregnant, it may be helpful to read through the following list of questions. If you are concerned about any of these issues, talk with your doctor about them.

### **Issues for Men to Consider:**

- Have you had a sperm count done but not a complete semen analysis?
- Have you ever had a hernia repair or an undescended testicle?
- Have you ever had any sports injury to the groin area?
- Have you had frequent urinary or genital infections?
- Are you taking any prescription medications, and if so, have you asked your doctor about possible impact on sperm production?
- Do you smoke, drink a moderate amount of alcohol or use recreational drugs?
- Are you exposed to high heat or chemical toxins at your work place?

If any of the above issues apply to you, it is recommended that you have a complete semen analysis done to evaluate the number, movement and quality of the sperm present in the ejaculation.

### **Issues for Women to Consider:**

- Are you 35 years old or older?
- Are your menstrual cycles irregular or more than 25-30 days long?
- Do you have heavy periods?
- Do you have painful periods, or bowel or bladder symptoms such as painful urination or significant diarrhea, or constipation around the time of ovulation or when your menstrual flow starts?
- Do you have very oily skin or excessive body hair?
- Have you had abdominal or pelvic surgery in the past?
- Have you ever been treated for a pelvic infection?
- Have you ever used an intra-uterine device (IUD)?
- Did your mother take the medication DES when she was pregnant with you?
- Have you had two or more spontaneous pregnancy losses?

If you answered “yes” to any of the above questions, you will need to have some of the basic infertility tests done. These tests will document if you have a hormonal imbalance or a structural problems in your pelvis, uterus or fallopian tube that might be making it difficult to conceive. You should consider seeing an infertility specialist if you are over 35 or have been trying to conceive for over one year.

Protect your fertility by not smoking, not drinking alcoholic beverages, and avoiding nonsteroidal anti-inflammatory drugs like Motrin. Take folic acid and a multi-vitamin daily.

*Further information on this topic is available through RESOLVE fact sheets. For a publications order form, go online to [www.resolve.org](http://www.resolve.org). You can also contact RESOLVE Headquarters at 1760 Old Meadow Rd, Ste 500, McLean, VA 22102 or 703.556.7172.*

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