

Five Fertility Questions You Should Be Asking at Your Next Appointment

WHAT IS THE ACTION PLAN FOR THE COMING MONTH?

HAVE A PLAN IN PLACE TO KEEP ANXIETY AND UNCERTAINTY AT BAY. GET A CALENDAR AND STICK TO IT.

WHAT KIND(S) OF EXERCISE I SHOULD AVOID?

THIS WILL EBB AND FLOW T/O YOUR TTC JOURNEY SO MAKE SURE YOU KNOW WHAT IS APPROPRIATE NOW.

WHAT SIDE EFFECTS MIGHT I EXPERIENCE IN THIS PHASE?

AS A HUMAN SCIENCE EXPERIMENT, YOUR BODY IS CONSTANTLY EXPOSED TO DIFFERENT SIDE EFFECTS WHILE TTC. ASK YOUR DOC WHAT IS NORMAL SO YOU DO NOT WORRY THE NEXT TIME YOU FEEL SOMETHING NEW.

HOW CAN I HOLISTICALLY ENHANCE THIS STAGE?

IF YOU ARE OPEN TO THIS KIND OF THING, HOLISTIC ASSISTS TO YOUR JOURNEY CAN BE AN AMAZING THING.
ACUPUNCTURE, MASSAGE, HERBAL SUPPLEMENTS – THEY CAN ALL BE GREAT BUT CHECK WITH YOUR DOC FIRST.

IS THERE ANY LITERATURE YOU WOULD RECOMMEND?

MANY TIMES YOUR DOC HAS THIS AVAILABLE BUT JUST DOES NOT THINK TO GIVE IT TO YOU.
BETTER TO HAVE DOCTOR-APPROVED LITERATURE THAN CONSULTING DOCTOR GOOGLE.