

# Trying-to-Conceive Planner

*BloomHer* ♥  
*Creating life, together.*

## ♥ My Care Team

FERTILITY DOCTOR / SPECIALIST

CLINIC OR OFFICE

PHONE

OB-GYN

HOLISTIC PRACTITIONER

PATIENT PORTAL / EMAIL

## ♥ My Snapshot

MY AGE

PARTNER'S AGE

CYCLE LENGTH

MONTHS TRYING

PREDICTED OVULATION

NEXT APPOINTMENT

## ♥ Preconception Supplements

*Start about three months before trying, and check with your practitioner before adding anything new.*

- Prenatal with folate 400 to 800 mcg daily, the foundation
- CoQ10 or ubiquinol 200 to 600 mg daily, egg quality, especially over 35
- Myo-inositol often 2 to 4 g, 40 to 1 with D-chiro, ovulation and PCOS
- Vitamin D dosed to your level, test first
- Omega-3, EPA and DHA food first, then a clean fish oil
- Choline 450 mg or more daily, often under-dosed in prenatals

For education and personal organization only. This is not medical advice and does not replace your OB-GYN, endocrinologist, or fertility specialist. Bring it to every appointment.

♥ You were made to bring life, and you are not walking this road alone. BloomHer ♥

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Labs for a Clear Picture

Record results as they arrive. Both partners' numbers in one place give your doctor a clear view.

## ♥ My Lab Results

TEST	RESULT	DATE	NOTES
AMH (ovarian reserve)			
FSH (day 2 to 4)			
LH			
Estradiol, E2 (day 2 to 4)			
Progesterone (day 21)			
TSH (thyroid, under 2.5)			
Prolactin			
Vitamin D			
Antral follicle count (AFC)			

## ♥ Partner's Lab Results

TEST	RESULT	DATE	NOTES
Semen analysis, count			
Motility			
Morphology			
Volume			
Testosterone			
FSH and LH			

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## Timing and Questions

### ♥ Key Dates to Watch and Follow

DATE	WHAT IT IS FOR	FOLLOW-UP NEEDED

### ♥ When to See a Fertility Specialist

Under 35

After 12 months of trying

35 to 39

After 6 months of trying

40 and up

Sooner, do not wait

#### Go sooner, at any age, if:

- Irregular, absent, or very painful cycles
- Known PCOS, endometriosis, or thyroid disease
- Two or more miscarriages
- A known male-factor concern
- Prior pelvic surgery, infection, or STI

### ♥ Questions for My Appointment

- What do my AMH and FSH say about my ovarian reserve?
- Am I ovulating, and does my day-21 progesterone confirm it?
- Is my thyroid in the fertile range, TSH ideally under 2.5?
- Should I have an antral follicle count or ultrasound?
- Given my age, how long should I try before the next step?
- What do my partner's results mean for our plan together?
- Would egg freezing make sense for my timeline?

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