

When Should You Consider Fertility Treatment?

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For those struggling to conceive, there are many different forms of fertility treatment out there. But just when should you start considering these forms of treatment? This post explains some of the things to consider before looking into fertility treatment options.

How long have you been trying?

On average, it takes couples five to six months to conceive. If youâ€™ve only been trying for a few months, you should stick at it. There are many things you can do to try and [boost your fertility](#) during this time such as eating the right foods, taking supplements, reducing stress, giving up alcohol, getting a good amount of sleep and tracking your ovulation cycle.

If youâ€™ve been trying for a year with no luck, itâ€™s worth seeing a doctor. Similarly, if you experience more than one miscarriage, it could be worth speaking to a doctor.

How old are you?

As a woman, your age can impact how likely you are to fall pregnant. Past the age of 35, fertility starts to decline rapidly. You can still get pregnant up until you experience your menopause, but the chance becomes lower the older you get.

If you are over 35 and have been struggling to conceive, you may want to talk to a doctor after 6 months. At this point, you donâ€™t want to be waiting a year to take action â€“ doctors will usually be more willing to skip straight to treatment options.

Have you got a diagnosed fertility problem?

Sometimes fertility issues are difficult to diagnose, but often they can be pinpointed to specific problems such as PCOS, fibroids, low sperm count or imbalances of hormones. If youâ€™re a man on [estrogen blockers](#), you should look into quit using them to help increase your fertility. A doctor will be able to take you through various tests to work out if your difficult conceiving is due to one of these problems. Having a diagnosis will make it much easier to not be approved for fertility treatment, but help you choose the right one.

Can you afford treatment?

Certain forms of fertility treatment are more expensive than others. At first, you may be recommended medication, which should be fairly affordable. If medication does not work or is not suitable to your diagnosis, IVF may be another option to consider, which is typically a lot more expensive (on average between \$10,000 and \$25,000 for one cycle). By taking the time to look around, you may be able to find an [affordable IVF clinic](#). Meanwhile, when it comes to surgery, expect to pay anything between \$5,000 and \$20,000.

Do you know which form of treatment is right for you?

Different [types of treatment](#) will be recommended to you by your doctor. This could include different types of medication and procedures. On top of the cost, itâ€™s worth considering the effectiveness of each one and the risks. In most cases, itâ€™s worth trying medication first, and then looking into procedures like surgery, IVF and IUI. If these donâ€™t work, there may still be ways to have a child

including surrogacy and adoption.

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