



Talk to someone who has travelled the path.

**Fertility  
Coaching**

[www.fertilitycoaching.co.za](http://www.fertilitycoaching.co.za)

## The Ten Things I wish I knew when I started TTC

1. **Listen to your instincts** - If your Doctor suggests trying to get pregnant naturally for longer than you are comfortable with, without doing any tests, find another Doctor.
2. **Go to a Fertility Specialist rather than a GP or OB/GYN (Gynae)** - You generally don't need a referral if you will be paying for your treatment so rather get a full diagnosis from a Specialist, on both parties ASAP and then you know what you are up against.
3. **Knowledge is Power** - Read up about your diagnosis, do your own research. Find reputable information online (ie from a Fertility Clinic or registered Organization dealing with Infertility). Watch information videos, attend information seminars and ask questions. It will give you back some of the control you lose when you are faced with a diagnosis of Infertility.
4. **Find Support** - speaking to people who are going through the same thing as you, makes you feel less alone and less crazy. Fertiles unfortunately just don't understand and, even if they try, their platitudes generally end up upsetting us more.
5. **Don't live your life in limbo** - one of the big mistakes infertiles make is to live their life in limbo, whilst their friends/colleagues carry on with theirs. It can make you feel that you are looking at the world through a window... you are stuck while everyone is living their best lives. This can cause extra stress and frustration, which you don't need.
6. **Communicate with your Partner** - you are both going through the same thing, but in different ways. The partner whose issue is causing the infertility, will be carrying huge amount of guilt. Never forget that you got married or together, because you love that person, you chose them for who they are and not just because of the children you would have together.
7. **Listen to your Specialist and trust them** - you chose them because you connected with them in some way. Now you need to trust them and not keep second guessing them or yourself. Follow their treatment plan to the letter and you will have less regrets, even if your cycle fails.
8. **Remember there are other ways to complete your family** - don't get too bogged down in genetics, love is love and the soul mean't for you will always find their way to you.
9. **Know your limits** - finances and mental strength are generally limited so, discuss with your partner early on, as to the number of cycles you can cope with, both financially and emotionally.
10. **If you need emotional support then, get it** - there is no shame at all in seeing a counselor or psychologist if you are just not coping
11. **Bonus and VERY IMPORTANT** - If you don't feel up to seeing anyone or attending family functions, don't. Do not feel guilty, cousin Sally will cope with you not attending her baby shower but, it may set you back months emotionally seeing everyone celebrating the one thing you want most in this world. Look after you and your partner on this journey, you are who count.