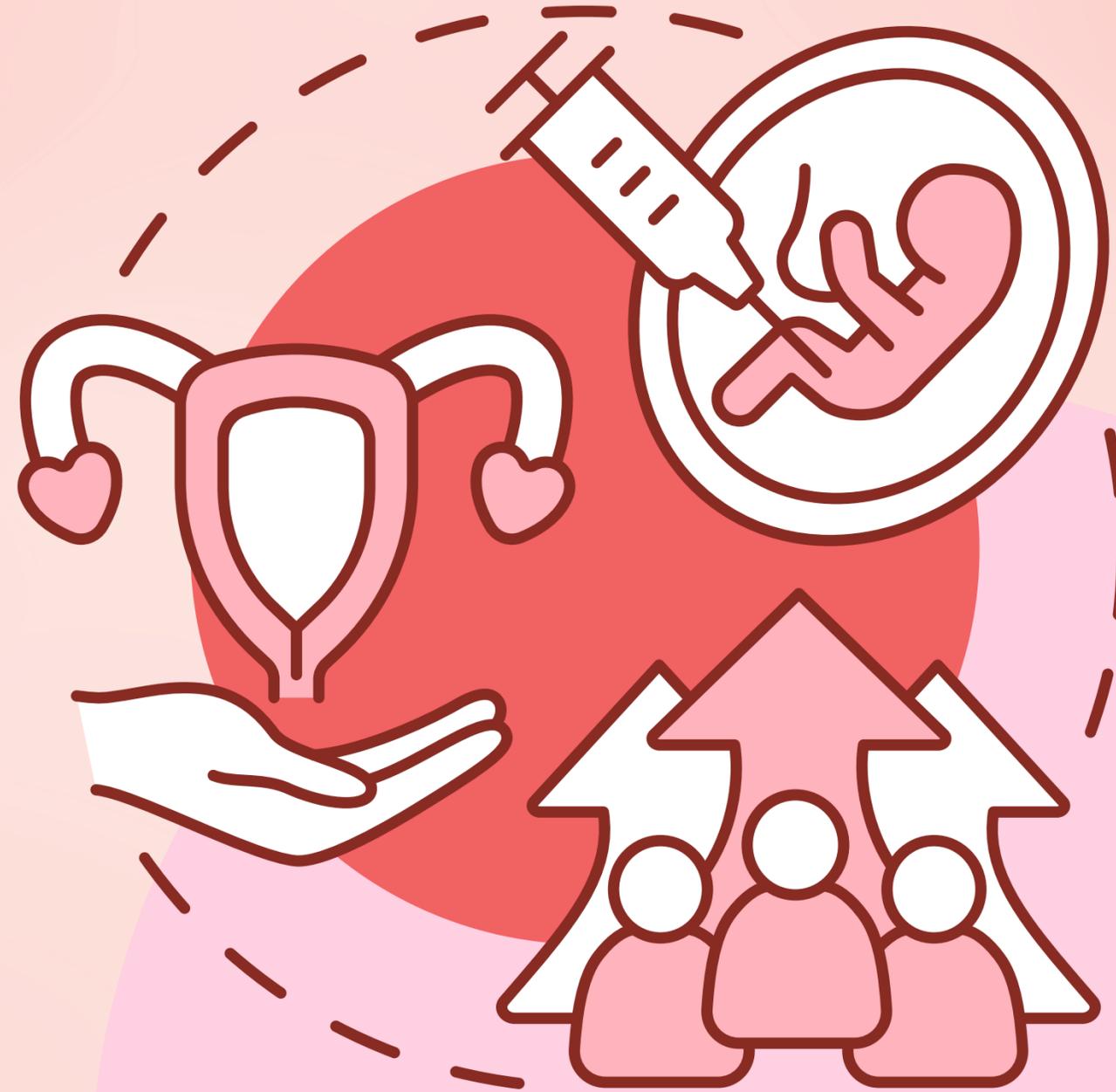


GUIDE

UNDERSTANDING YOUR FERTILITY TESTS

A clear, calm guide to why tests are done and what they mean



WHY FERTILITY TESTS ARE DONE

Fertility tests are not meant to label you or rush you into treatment. They help doctors understand where the difficulty may lie — ovulation, eggs, uterus, tubes, or sperm — so the right plan can be created.

Important: Testing is usually done step by step, not all at once.



1. PRE-CONSULTATION CHECKLIST

To get the most out of your visit, be ready to discuss:

Duration: How long you have been trying

Regularity: Your cycle history

Reports: Any previous medical reports you have.

History: Medical history (PCOS, thyroid, surgery)

Pregnancy: Any history of pregnancy or miscarriage.



2. QUESTIONS TO ASK YOUR DOCTOR

- 01 Which tests are essential for me right now?

- 02 What is each test meant to tell us?

- 03 Will these results change my treatment plan?

- 04 Do we need to repeat any tests?



3. WHAT TESTS ACTUALLY LOOK FOR

Fertility tests are not about giving you a “yes” or “no” answer. They help doctors understand:

Whether ovulation is happening regularly

Whether the uterus and ovaries are healthy

Whether sperm quality is adequate

Whether timing, medication, or assisted treatment may help



Most importantly, tests help create a **clear starting point**.

4. COMMON FERTILITY TESTS YOU MAY BE ASKED TO DO

A. Blood tests

These assess hormones that control ovulation, egg reserve, and overall reproductive balance. You may be asked to check:

- Ovarian reserve (AMH)
- Thyroid function
- Ovulation-related hormones

B. Ultrasound scans

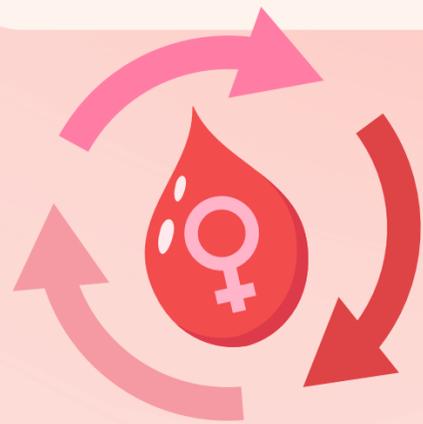
A pelvic ultrasound gives real-time insight into reproductive anatomy. It helps doctors look at:

- The uterus and ovaries
- Follicle development
- Conditions like fibroids, polyps, or PCOS

Note: Not all blood tests are done for everyone. Good fertility care is selective, not excessive

C. Semen analysis

This checks sperm count, movement, and shape. It's one of the simplest but most important tests in fertility evaluation.



D. Tubal testing (only if indicated)

If there's a history of infection, surgery, or unexplained infertility, doctors may suggest tests to check whether the fallopian tubes are open.

5. HOW DOCTORS ACTUALLY INTERPRET RESULTS

One of the biggest misconceptions is that one abnormal number defines fertility. In reality, doctors look at multiple factors together:

- 01 Age
- 02 Menstrual Pattern
- 03 Medical History
- 04 Multiple test results combined

A single report is never the full picture.



IN CLOSING

Testing is meant to guide, not label. Many findings are manageable or treatable, and early testing often leads to simpler solutions. If you're new to IVF, understanding your tests is the first step toward informed, confident decisions.

Take the Next Step with Janini IVF

If you've been advised fertility tests and are unsure what they mean or what to do next, a personalised consultation can help bring clarity. At Janini IVF, Delhi, we review your reports carefully, explain results in simple terms, and recommend only what is truly needed — no rushed decisions, no unnecessary tests.

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