

Pre-Pregnancy Guidelines

- 1) Take your medication during your cycle normally as directed.
 - a. For example, progesterone for 10 days on Days P+3 through P+12.
- 2) Know what your normal post-Peak phase length is.
 - a. The normal post-Peak phase length is between 8 and 16 days.
 - b. The average post-Peak phase length is 12 days.
 - c. Your own individual post-Peak phase length should only vary between 1-2 days each cycle.
- 3) Based on your post-Peak phase length, know when to expect your next period.
- 4) You may take an at-home pregnancy test if your period has not come when expected or if it is Day P+16 or later.
- 5) With a positive at-home pregnancy test and/or if it is Day P+16 or later, contact Dr. Patterson to have a blood test to have your hormone levels checked. Also, stop taking all fertility-related medications (such as the Vitamin B6 in the Vitamin B6 protocol, FertileCM, and Clomid) if pregnant.
- 6) If you are pregnant, it is important to contact Dr. Patterson as soon as possible so that you can get the proper medications for your pregnancy, such as progesterone, which may help prevent miscarriage.
- 7) You may also contact your regular OB/GYN once you confirm your pregnancy.
- 8) Contact me, your FertilityCare Practitioner, once you confirm your pregnancy and we can do the Pregnancy Evaluation (free of charge). Continue to chart during your pregnancy.

Thank you,

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