

## Our TTC Journey November 2007



### Fertility Specialists Medical Group, Inc.

The bad news was that the first cycle didn't yield a baby. The good news is that the Ovidrel actually helped me to ovulate, so I was ecstatic that something worked! My ultrasound on November 12<sup>th</sup> was very successful! Dr. Lindheim wasn't too worried that my AF wasn't as heavy this time as it usually is. He checked everything out and I didn't have any cysts left behind from old follicles! All looked good and he upped my dosage of Femara. He gave me  $3 \times 2.5 = 7.5$  per day for 5 days. He said he's hoping we get at least 1 good follicle if not 2. I asked if he'd seen women getting multiple follicles on Femara and he said absolutely!

My next follicle check was scheduled for cd13 – November 20<sup>th</sup>.

I took my Femara from Nov 12<sup>th</sup> – 16<sup>th</sup> (cd5-9). During the next week or so I noticed that everything was making me really upset. I was very irritable and yelled at everything! We watched Premonition on DVD and I was very angry at that movie. I yelled at drivers, shoppers, and even the occasional stupid phone call at work from customers. I sure hoped that the increase in drugs worked!



I went into the FSMG office again on cd13, and expected to see at least one follicle! The scan showed that I had two follies in my left ovary (16mm and 11.5mm), and one follie in my right ovary measuring less than 10mm. I was so pleased. I was responding at least 6 days faster with the increase in medication! I was asked to come back the next day to check the follicle development.

On November 21<sup>st</sup>, my follicle scan showed that the two follicles on my left ovary had grown to 19mm and 16mm respectively. The small follicle really grew fast! My lining looked perfect at 8.9mm. I was instructed to trigger myself that night at 11am, and our IUI was on November 23<sup>rd</sup>. I asked that it was the day after Thanksgiving, and would anyone be open. The office explained that to them, Fertility knows no holiday.

Early in the morning of the 23<sup>rd</sup>, I was woken up twice by a feeling that someone was stabbing my left ovary. My follies are in the left ovary. So I had a great feeling that we were about to experience ovulation. So woohoo!

But seriously, did this stabbing pain have to be so intense (i'm in for a real shock about labor pains then, eh?)????

Ok, so twice they woke me up, but I was able to go back to sleep.

Then Naren showered and got ready, and then panicked. He came into the bathroom and said that he felt sooo bad, he took a very long hot shower, and was worried about his swimmers. I

told him that I didn't think it was that bad, as men with low count can still bathe, its not as if they have to sponge bath for the rest of their lives. So I told him we'd just make do with what he produces, because last time he gave 236mil total count, and the live ones counted at 40mil. They only needed 5mil, so I told him I think he'd still give 5.

At the drs office, I had to get weighed in (and that's a whole other rant) ... but I had to use the bathroom before getting weighed. I just did. I'm convinced using the bathroom took a gazillion pounds off my actual weight. So when I was wiping, I got the feeling that I'd not gotten everything. (sorry) When I checked what was happening, I had SO MUCH ewcm, it was as if I was making enough for the block! So woohoo! That was a great sign!

Then we went to the docs appt, and I read a great magazine. Fertility Today. It had soooooo many great articles about how to cope with infertility, and how to cope with people coping with infertility, and how to keep your relationship, and they had a WONDERFUL article about PCOS and how it can be controlled with a low GI diet, and how nutrition (not necessarily weight loss) played a very important role in fertility success. I wish I'd stolen that magazine! I might get a subscription. They produce one every other month. I couldn't put this magazine down.

Ok, so on to the story

I get the IUI and last time I could feel the doc threading my cervix. Today I couldn't feel ANYTHING. Dr. Morales said my cervix was really open, and my ewcm looked really good, and my lining looked PERFECT, and my two follies were SOOOO big and beautiful and wonderful, and everything looked GREAT!  
So then she showed me Naren's analysis for the sample we were using today.

Back in March when he gave his original sample, his count was 236m, with 55m alive and 61% motility, which is still good.

Last month we had used the sample of 236m total, but only 40m alive and 82% motility.

Today's sample was .... are you sitting down ....



A total of 236m, with 82 MILLION alive, and 90% MOTILITY!!!

OMG!!! I really married Superman!!!

Dr. Morales said that my shrinking history is great (from 315 to 275). But she said that they will only do up to 6 IUI's total .... beyond that they don't see a point unless something about me changes (like my weight decreases by 10% at least).

She actually said that even after 3 IUIs their protocol is to regroup and chat about what to do next. Perhaps changing medications, or cycle treatment plans. So basically she said to shrink. And to shrink while hormones are surging and I'm hungry! Which isn't easy, but for the sake of little nundoo, I must shrink. So I've to start journaling again, and of course doing at least an hour a day in the gym.

That started the great treadmill vs elliptical debate.

DH said that I'd lose more weight if I did an hour on the treadmill vs the elliptical. I told him that I won't stick with a treadmill because I have an irrational fear that I'm going to fall off of this treadmill. And he said that he gets a better workout on the tread, so everyone will as well. And I told him its about "getting your heart rate up for an hour" and if I do that by outrunning the boogymen, so be it!

So we agreed to disagree.

So the long and the short of our discussion was that I've to get back on the weight loss coaster, so he can't go back to smoking (cause



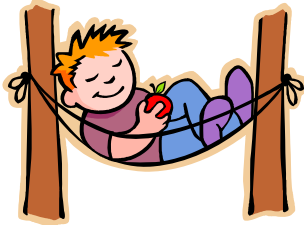
when he gave his first SA analysis, it was within 3 months of quitting smoking and the nicotine hadn't quite yet left his body).

And that ... is how we passed the 10 minutes of me

laying down on the bed while waiting for his swimmers to find one of two eggs floating around in my belly.



Later on that afternoon, we went to walmart to get some hangers (which turned out to be expensive hangers, as we bought the whole store as well) and I felt a searing cramp pain in my vag area (like an AF cramp), and I just was reminded that I hope we're preggers, so then I can have my two kids and not have to have the pressure of infertility treatments.

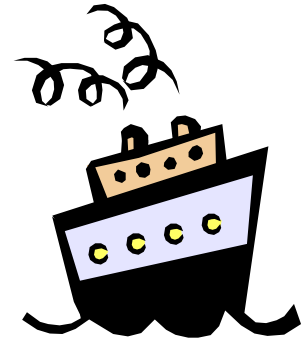


The night of the 23<sup>rd</sup> I was having really bad cramps. I knew that it was just due to the procedure we had earlier that day, and I just rested on the couch.

During the next week I would go through times of about 15-30 minute spells of nausea. I thought it was something I had eaten that had disagreed with me. I never became sick, but I felt ill.

My parents were going on a cruise the weekend of Nov 30<sup>th</sup>, and I remember telling my mom that everything I eat lately gives me an upset stomach. She was very happy to hear that.

I was supposed to have a p4 test done to check my progesterone on the morning of the 30<sup>th</sup>. However since it was raining like cats and dogs, I wasn't going to make it into the office by 10:30am. So I told the office that I wanted to cancel the appt, as it was an optional test. I was really bummed on that afternoon. Its always something that keeps me from my doctors appointments! If we're not on fire, then we're raining!



Saturday, December 1<sup>st</sup>, we were going to head out shopping and running errands and I had a very intense feeling of "bad burritos", but nothing ever happened, I just felt very ill.

Sunday, December 2<sup>nd</sup>, I did not feel well most of the afternoon. It felt like I was going to have an upset stomach, but I never got sick. It came in waves, and suddenly I felt better.



I noticed that in the afternoons sometimes my met, even though its ER, still gave me another bout of bathroom trips (sorry). But they were never painful. Now the stomach aches are more painful and they're every afternoon.

I thought that since Dec 3<sup>rd</sup> was 10dpi, I knew I was going to pee on a stick ... just to see. I had a "winter wonderland" feeling about like I want to decorate and cook and Christmas shop, then I start feeling icky again and just want to lye down. It's a crazy feeling!

December 3<sup>rd</sup> – With my FMU (first morning urine) I did test and I thought I saw a line, but I dismissed it as something I really wanted to see, so I threw the test away and said it was negative. That day I was feeling still nauseous. I remember thinking that If I'm not pg, then I think I've got a bug that brings 30 minutes of nausea periodically throughout the day. I never get sick, but I sure do feel like crap for the 30 minutes its here. I had lunch at 12:15 and so far I don't feel icky, but I didn't see anything attractive in the buffet, and actually a few things made me feel queasy for a moment. Its sorta crazy, Its not like "feeling sick" like I've to take Imodium and hope it gets better. Its more like "I think I'm getting the flu" and feel icky and achy all over. Laying down seems to help. I did that during the weekend. But it comes for 30 minutes, then goes away, then comes back, then goes away. I don't understand it

December 4<sup>th</sup> – With my FMU again I did another test and this is what I saw! The vertical line is there in the front circle window, but it is very faint! I can't believe it! I had no idea I could turn a stick positive! Oh and Naren says you can ask me 1000 times, and my answer won't change!



I didn't believe it, so I took another test, and I made sure it was a different brand, and I took another test. This is what I found. You can see the vertical line in the test window forming a + sign. I was soooo ecstatic!!! At least now I know that there was a reason for my nausea!

I had to make sure it wasn't a fluke, so I tested again on Dec 5<sup>th</sup>. The line is darker! I also tested on December 6<sup>th</sup>, and that was even darker!



Since the 5<sup>th</sup> and 6<sup>th</sup> tests were positive, I asked FSMG if I could move my blood test up from Dec 7<sup>th</sup> to the 6<sup>th</sup>. They said "NO PROBLEM!"

I still can't believe I ever turned one of these damn things positive.