

# From IUI to IVF: The Insider Scoop on Infertility from a Girl Who Has Been There



## Nothing In The Oven: From IUIs to IVF, The Insider Scoop on Infertility From a Girl Who Has Been There

by Andrea Olson

★★★★★ 5 out of 5

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### By Sarah Smith

I never thought I would have trouble getting pregnant. I was healthy, active, and had a good diet. But after a year of trying, I still hadn't conceived. I went to the doctor, and after a battery of tests, I was diagnosed with unexplained infertility.

I was devastated. I had always dreamed of being a mother, and now it seemed like that dream might not come true. I felt like a failure, and I was ashamed to admit that I was struggling with infertility.

I started to do some research, and I learned that infertility is more common than I thought. In fact, one in eight couples experiences infertility. I also

learned that there are a lot of different treatments available to help couples conceive.

I decided to try intrauterine insemination (IUI). IUI is a procedure where sperm is inserted directly into the uterus. I had three IUI procedures, but none of them were successful.

After the third failed IUI, I decided to try in vitro fertilization (IVF). IVF is a more complex and expensive procedure than IUI, but it also has a higher success rate. I had two IVF procedures, and the second one was successful.

I am now the proud mother of a beautiful baby girl. I am so grateful for the opportunity to have experienced motherhood, and I want to share my story with other couples who are struggling with infertility.

This book is an insider's scoop on infertility. I will share my personal experiences with IUI, IVF, and surrogacy. I will also provide information on the different treatments available to help couples conceive.

I hope that this book will provide support, guidance, and hope to those who are struggling with infertility. I want you to know that you are not alone, and that there is hope for a happy ending.

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## **Chapter 1: The Basics of Infertility**

Infertility is defined as the inability to conceive after one year of unprotected intercourse. It is a common problem, affecting one in eight couples. There are many different causes of infertility, including:

- Female factors: ovulation disorders, blocked fallopian tubes, endometriosis, uterine abnormalities
- Male factors: low sperm count, poor sperm motility, abnormal sperm morphology
- Unexplained factors: no identifiable cause of infertility

The diagnosis of infertility can be a devastating experience. It can lead to feelings of shame, guilt, and isolation. It is important to remember that infertility is not a reflection of your worth as a person. It is a medical condition that can be treated.

## **Chapter 2: IUI**

IUI is a procedure where sperm is inserted directly into the uterus. This can be done with the partner's sperm or with donor sperm. IUI is a relatively simple procedure that can be performed in a doctor's office.

The success rate of IUI varies depending on the cause of infertility. In general, the success rate is around 10-15%. IUI is often used as a first-line treatment for couples with unexplained infertility or mild male factor infertility.

### Chapter 3: IVF

IVF is a more complex and expensive procedure than IUI, but it also has a higher success rate. IVF involves fertilizing eggs in the laboratory and then transferring the embryos to the uterus.

The success rate of IVF varies depending on the



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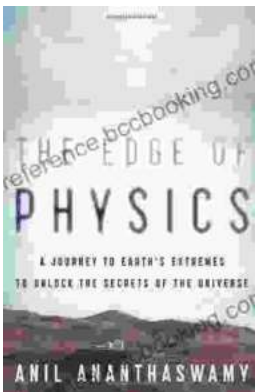
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