

Do you know about your fertility?

If you're planning to have children now or in the future you need to start taking care of your body right now. Calculate your FertiSTAT score and find out what you can do for your fertility. You can calculate your FertiSTAT score whether you are currently trying to get pregnant or not. If you are not trying to get pregnant, choose your age group and consider yourself trying for under 6 months in the 'About trying to get pregnant' section.

1. Tick all the coloured boxes that apply to you

About trying to get pregnant:

- B 34 years of age or younger and trying for 0 – 12 months
- B Over 34 years of age and trying for 0 – 6 months
- R Over 34 years of age and trying for 6 or more months
- R Any age and trying for more than 12 months

Your reproductive history:

- O I suffer from severe period pains
- O I have had pelvic surgery
- O My menstrual cycle is unpredictable. My period often comes more than 5 days earlier or later than expected (*when I am not using contraceptives*)

- O My menstrual cycle lasts less than 21 days (*when I am not using contraceptives*)
- O My menstrual cycle lasts more than 35 days (*when I am not using contraceptives*)
- O I suffer from endometriosis
- O I have had pelvic inflammatory disease (PID)
- R I do not have a period (*when I am not using contraceptives*)

Your lifestyle:

- Y I have unprotected sex with multiple partners
- Y I smoke regularly (*more than 10 cigarettes per day*)
- Y I cannot cope with the stress I am currently experiencing

- Y I drink more than 14 units of alcohol per week (*1 unit = a small glass of wine, ½ pint of beer, a single measure of a spirit*)
- Y I drink more than 7 units of caffeine per day (*1 unit = a cup of coffee. ½ unit = a cup of tea or a can of soft drink such as cola*)
- Y I smoke marijuana frequently (*more than four times a week*)
- O I have had a sexually transmitted infection
- O I am more than 2 stone (13 kilos/28 pounds) overweight
- R I have used class A drugs in the past (*e.g. heroin, cocaine, ecstasy*)
- R I am currently taking anabolic steroids (*for non-medical uses*)

Consider your male partner's fertility status: Complete the lifestyle section (*except weight*) for him and follow the guidance for these factors. If your partner has (or has had) undescended testicles R or mumps after puberty R then he needs to go and see his doctor for further investigation about his situation when you start trying to get pregnant with him.

2. What does your FertiSTAT score mean?

Count the number of ticks you have per colour category. In the coloured meters below circle the number that equals the boxes you have ticked for each colour category and find out what action you need to take. Read all the categories that apply to you. The more ticks you have within the yellow, orange and red colour categories the greater the need to take action if you are trying to get pregnant.

