

There are no stupid questions.

Women's Health: Getting Pregnant

Our expert women's health team answers your commonly asked questions. Becoming a new mom is full of wonderful and unexpected changes, we want to help guide you through the process.

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Health 



Getting Pregnant

Congratulations on making the decision to conceive! This can be an exciting time for anyone, but there can also be plenty of questions. Luckily, the providers at Upland Hills Health are here to help. This guide addresses important frequently asked questions regarding getting pregnant.

1. How can I tell when I'm ovulating?

Dr. Raichle: Ovulation is an event that occurs mid-cycle when an egg is released from a cyst on your ovary and picked up by one of your Fallopian tubes. Pregnancy occurs when sperm and egg meet in the tube. Most patients who ask this question are considering pregnancy but may not know if they are timing intercourse effectively. In these cases, I would discuss the following with the patient:

1. The first day of your period is Day 1.
2. Most women ovulate on about Day 14.
3. There might be a small amount of pain right before release of the egg.
4. There might be a noticeable change in the consistency and appearance of the mucous produced by the cervix.
5. Because of a brief, abrupt drop in estrogen right after ovulation, there might be a small amount of spotting or slightly brownish discharge.
6. If you were effectively tracking your 'basal body temperature' it would increase slightly beginning with ovulation and staying elevated until your next period.

By far, the MOST effective way to detect ovulation is with Ovulation Predictor Kits (OPK) that can be purchased over the counter. I encourage any patient to consider a visit with their local OB/GYN provider to discuss these questions or concerns. These visits are also an excellent time to address health concerns and medications **before** conception.

2. How long should I try to get pregnant before talking to my doctor about options?

Dr. Hostetler: If you're under the age of 35, it can occasionally take up to a year to get pregnant. If you're 35 and older, fertility concerns are usually addressed after six months. If conceiving is taking longer than these average time frames, it may be time to contact your doctor.

3. Are there any foods or vitamins I should eat/take that will improve my chances of getting pregnant?

Dr. Hostetler: Three months prior to trying to conceive, I recommend starting a daily regimen of 400 – 1000 micrograms of folic acid. Otherwise known as folate, folic acid reduces the risk of neural tube birth defects, like spina bifida. Stay away from alcohol and smoking.



4. What other lifestyle changes can I make to improve my chances of getting pregnant?

Dr. Hartline: To improve your chances of a healthy pregnancy, implement the healthy behaviors you'll have during pregnancy in the few months before getting pregnant! It is a good idea to exercise regularly, eat a balanced diet high in fruits and veggies, avoid alcohol, tobacco, and drugs, and start taking a prenatal vitamin for three months before you start trying to become pregnant so that your body is in a healthy, optimal state when you start trying to conceive.

5. Why does it seem like some women can get pregnant at the drop of a hat while others struggle for years?

Dr. Sandgren: It can take an average couple up to a full year to get pregnant, but if it takes more than a year and a couple is trying regularly, then it's time to go and see their doctor. It's also important to see a doctor when you're thinking about trying for pregnancy, because there are many things to discuss and learn about before trying to conceive.

Meet the Experts

UHH Women's Health Team

It's important to let your doctor know what your plans are for your future family. You may wish to not tell family or friends that you're "trying," but your doctor should be aware to help guide you through the process. Your doctor can address any questions and provide helpful advice to reduce any nervousness or stress involved with trying to conceive.



Dr. Barbara Hostetler
OBGYN



Dr. Timothy Raichle
OBGYN



Dr. Maria Sandgren
OBGYN



Dr. Rachel Hartline
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Our experts are here to help you through each step along the way. Drs. Barbara Hostetler, Timothy Raichle, Maria Sandgren and Rachel Hartline make up the exceptional team of women's health specialists at Upland Hills Health. They are dedicated to providing you the highest quality in health and wellness care.

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