

# How to maximize chances of Conception using the STM

When you are deciding how to best time intercourse in order to conceive, you take into account both your fertile cervical fluid and your partner's sperm count (if you are doing inseminating you will want to try to time it on the peak day so as not to do it more than you have to).

## Tips for timing

### Your fertile phase

You should consider your personal fertile phase to be any day you have slippery vaginal sensation or cervical fluid, up until the morning of your temperature rise (often the egg will already be dead by that time, but there is a chance it will not be and it is best to take advantage of it). If you do not produce slippery CF or vaginal sensation, follow the guidelines with the wettest CF you have. Always try to have intercourse on your peak day (this may be easier for you if you have been charting for some time).

### If your Partner's count is normal or unknown

- For the first few months, you may want to try to have sex every day of your fertile period.
- If that doesn't work in the first few months, every other day intercourse during your fertile phase is prudent to try so that you can "save up" for a bigger sperm count. Still try to have sex on your peak day.

### If your partner has a low sperm count or you have been trying to conceive without success

- Try having intercourse every 36 hours. Don't go any longer than one week, as more sperm can have deformities if it is older than 1 week.
- If your slippery fluid doesn't last for more than two days have intercourse only on what you believe will be your peak day (the second day of your slippery fluid).

## Other tips

- I suggest both you and your partner review and follow as closely as possible *Tips for a Healthy Balanced Endocrine System* and my *Pre-conception plan*. Infertility is much more rampant because of the way we live our lives currently. Even if improving your lifestyle isn't the trick that helps you conceive naturally, having that basis of health can help any ART procedures you may decide to do more likely to work.
- If you see a specific problems when you are charting set up an appointment with me to get advice on things to do to help. You can also try any naturopath who is knowledgeable around infertility and can read charts.
- Lubricants can be a burden in trying to conceive. Many actually kill sperm. Your first line of action should be trying to increase your own fertile quality CF and lot's of foreplay for a wetter vaginal environment. If you *need* a lubricant I suggest trying coconut oil first, which should be neutral in aiding pregnancy achievement and if you find you need some help source a lubricant called "Yes, baby," which is intended to help sperm like fertile cervical fluid does.