



TTC VOCABULARY

Please note, this is not medical advice — just recommendations from a fertility coach who is also on the journey.

To help you feel more comfortable and confident on your Trying to Conceive (TTC) journey, here's a guide to some of the most widely used fertility acronyms (both medical terms and those frequently used in the TTC community) and what they mean.

A's

- **AAAA (formerly AAARTA) (The Academy of Adoption and Assisted Reproduction Attorneys):** A professional organization of credentialed lawyers specializing in the legal complexities of adoption and family-building technologies.
- **ACA (Anticardiolipin Antibody):** A blood test often used when investigating recurrent pregnancy loss or blood clotting issues.
- **AFC (Antral Follicle Count):** Is an ultrasound that acts as a 'snapshot' of your ovarian reserve—it tells us how many small, resting follicles are currently visible and ready to be recruited in your next cycle.
- **AF (Aunt Flo):** A universal euphemism for a menstrual period.
- **AH (Assisted Hatching):** A lab technique where the outer shell of the embryo is slightly weakened to help it "hatch" and implant.
- **AI (Artificial/Assisted Insemination):** Placing sperm directly in the reproductive tract to increase chances of fertilization, often timed with ovulation.
- **AMA (Advanced Maternal Age):** It is a clinical designation used when a person is 35 years or older at the time of delivery
- **AMH (Anti-Mullerian Hormone):** AMH is a hormone that reflects ovarian reserve, indicating the number of eggs left.
- **APA (Antiphospholipid Antibodies):** Similar to ACA, these are immune markers that can impact pregnancy success.
- **ART (Assisted Reproductive Technology):** Treatments like IVF that assist conception by manipulating eggs, sperm, or embryos outside the body.
- **ASRM:** American Society for Reproductive Medicine (the primary professional and ethical guideline-setting body for ART in the US)



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B's

- **BC/BCP (Birth Control Pills):** Paradoxically used in many IVF "start" protocols to suppress the ovaries before stimulation.
- **BBT (Basal Body Temperature):** Body's resting temperature, tracked daily to pinpoint ovulation based on subtle rises after ovulation.
- **BD (Baby Dance):** Euphemism for sex when the aim is to conceive.
- **Beta (hCG Pregnancy Test):** Blood test measuring hCG (pregnancy hormone) levels to confirm and monitor early pregnancy progress.
- **BFN (Big Fat Negative):** A negative pregnancy test result, often a disappointing outcome for those TTC.
- **BFP (Big Fat Positive):** A positive pregnancy test result, signaling pregnancy.
- **BPM (Beats Per Minute):** Refers to the fetal heart rate, typically measured during ultrasounds.
- **BMS (Baby-Making Sex):** Similar to BD, specifically timed intercourse.
- **B/W (Bloodwork):** Blood tests used to assess hormone levels, ovulation, pregnancy, or overall fertility health.



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C's

- **COHS (Controlled Ovarian Hyperstimulation):** Using medication to stimulate the ovaries to produce multiple eggs for procedures like IVF.
- **CP (Chemical Pregnancy):** An early miscarriage that occurs shortly after implantation, often only detected by a "chemical" (HCG) test before an ultrasound can see anything.
- **CP (Cervical Position):** The position of the cervix, which moves and changes texture during different cycle stages, is often used to predict ovulation.



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D's

- **DB (Donor Blastocyst):** Donor embryo
- **D&C (Dilation and Curettage):** A surgical procedure to remove tissue from the uterus, often following a miscarriage.
- **DC/DCP (Donor Conceived/Donor Conceived Person):** The child or adult who was conceived using third-party genetics.
- **DE (Donor Eggs):** Eggs donated by another woman, often used when an intended mother has low ovarian reserve or genetic concerns.
- **DEIVF (Donor Egg IVF):** IVF using donated eggs, fertilized in the lab, and transferred to the recipient's uterus.
- **DH (Dear Husband):** A common term of endearment used for one's spouse or partner in the fertility community.
- **DHEA (Dehydroepiandrosterone):** A hormone sometimes prescribed to improve ovarian function in women with low ovarian reserve.
- **DI (Donor Insemination):** Artificial insemination using sperm from a donor.
- **DIE (Deep Infiltrating Endometriosis):** A severe form of endometriosis where endometrial-like tissue penetrates deep into organs outside the uterus.
- **DOR (Diminished Ovarian Reserve):** Lower-than-expected egg supply, impacting fertility potential. Most women over 40 included in this.
- **DP (Dear Partner):** Similar to DH, a supportive term for one's partner or spouse.
- **DPO (Days Post-Ovulation):** Counting the days after ovulation, often used to track early pregnancy symptoms or testing days.
- **DPR (Days Post-Retrieval):** Days after eggs are retrieved in an IVF cycle, marking embryo development progress.
- **DPT (Days Post-Transfer):** Days after embryo transfer in an IVF cycle, a time of waiting for pregnancy confirmation.
- **DP3DT (Days Post 3-Day Transfer):** Days since a 3-day embryo transfer, referring to embryos cultured for three days before being placed in the uterus.
- **DP5DT (Days Post 5-Day Transfer):** Days since a 5-day embryo transfer, with embryos cultured for five days to the blastocyst stage.
- **DS (Donor Sperm):** Specifically referring to the use of a sperm donor.
- **DW (Dear Wife):** Similar to DH, used affectionately for one's wife or female partner.
- **Dx (Diagnosis):** Identification of a condition or cause of fertility challenges.



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E's

- **E2 (Estradiol Level):** A type of estrogen checked during treatment to monitor ovarian response.
- **EA (Embryo Adoption):** Receiving frozen embryos left over from another family's IVF journey who have completed their family and chosen to donate them.
- **ED (Embryo Donation):** Donating frozen embryos left over from a family's IVF journey to an individual or couple who needs them.
- **EDD (Estimated Due Date):** Expected date of childbirth, calculated from the LMP or conception date.
- **EGCM (Estimated Gestational Carrier Match):** In some surrogacy agency matching logs, this is used to denote the estimated timeline or tentative pairing between an Intended Parent and a Gestational Carrier before the contracts are legally finalized.
- **EMB (Endometrial Biopsy):** A sample of the uterine lining to check for abnormalities or ensure readiness for embryo implantation.
- **ENDO (Endometriosis):** A condition where uterine-like tissue grows outside the uterus, potentially affecting fertility.
- **EPT (Early Pregnancy Test):** A home test that can detect pregnancy hormone (hCG) days before a missed period.
- **ER (Egg Retrieval):** The process of collecting mature eggs from the ovaries during IVF.
- **ERA (Endometrial Receptivity Array):** A test to determine the optimal window for embryo transfer based on uterine lining readiness.
- **ET (Egg/Embryo Transfer):** Placing fertilized embryos into the uterus, often the final step in IVF.
- **EWCM (Egg White Cervical Mucus):** Fertile cervical mucus that looks like raw egg whites, indicating high fertility.



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F's

- **Fertility Awareness (Based) Methods (FABMs or just FAMs):** Clinical protocols that allow individuals to track physiological markers of the menstrual cycle to identify the fertile window.
- **FDA (Food and Drug Administration):** Regulates the screening and testing of human cellular and tissue-based products, including donor eggs and sperm.
- **FET (Frozen Embryo Transfer):** Thawing and transferring a previously frozen embryo into the uterus.
- **FF (Fertility Friend):** A popular fertility tracking app and community support tool.
- **FI (Fasting Insulin):** Insulin level tested after fasting, sometimes checked when investigating fertility issues related to blood sugar.
- **FHR (Fetal Heart Rate):** Heart rate of a developing fetus, often measured during prenatal care.
- **FMU (First Morning Urine):** The most concentrated urine of the day, recommended for HPTs (home pregnancy tests) to get the most accurate result.
- **FP (Follicular Phase):** First half of the menstrual cycle when follicles grow, leading up to ovulation.
- **FPG (Fasting Blood Plasma Glucose):** Blood glucose level measured after fasting, relevant for assessing blood sugar health.
- **Frostie (Frozen Embryo):** Term for a frozen embryo stored for later use.
- **FS (Fertility Specialist):** medical doctor who diagnoses and treats reproductive issues and “infertility”.
- **FSH (Follicle-Stimulating Hormone):** Hormone responsible for stimulating ovarian follicles; tested to gauge ovarian function.
- **FTTA (Fertile Thoughts to All):** A supportive phrase wishing fertility success for others in the TTC community.



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G's

- **GC (Gestational Carrier):** A person who carries a pregnancy for someone else; the carrier has no genetic link to the baby.
- **GCA (Gestational Carrier Agreement):** The legal, binding contract between the Intended Parents and the surrogate.
- **GH (Growth Hormone):** Used for priming or during IVF stimulation (example Omnitrope)
- **GnRH (Gonadotropin-Releasing Hormone):** Hormone involved in stimulating the release of FSH and LH.
- **GP (General Practitioner):** A primary care doctor who may assist with initial fertility evaluations or referrals.
- **GTT (Glucose Tolerance Test):** A test to measure the body's response to sugar, used to screen for conditions like gestational diabetes.

H's

- **HCG (Human Chorionic Gonadotropin):** Hormone produced in pregnancy, detected in pregnancy tests.
- **HCG Trigger:** An injection (like Ovidrel) used to "trigger" the final maturation of eggs and induce ovulation at a specific time.
- **hMG (Human Menopausal Gonadotropin):** Fertility hormone that stimulates the ovaries to produce eggs, often used in ART.
- **HCP (Health Care Practitioner):** Any medical professional providing fertility care or support.
- **HEPA (Hamster Egg Penetration Assay):** Test of sperm's ability to penetrate an egg-like structure.
- **HPT (Home Pregnancy Test):** At-home test to detect hCG, confirming pregnancy.
- **HRT (Hormone Replacement Therapy):** Hormones provided to supplement the body's natural levels, sometimes used in fertility care.
- **HSC (Hysteroscopy):** Procedure to view and assess the inside of the uterus.
- **HSG (Hysterosalpingogram):** X-ray of the uterus and fallopian tubes to detect blockages or issues.
- **HX (History):** Medical history, often reviewed in fertility assessments.



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I's

- **IBT (Immunobead Binding Test):** A test to detect antibodies against sperm, which could impact fertility.
- **ICI (Intracervical Insemination):** Procedure where sperm is placed directly into the cervix to aid conception, a step below IUI.
- **ICM (Inner Cell Mass):** A cluster of cells inside an early embryo that eventually develops into the body of the fetus.
- **ICSI (Intracytoplasmic Sperm Injection):** An IVF procedure where a single sperm is injected directly into an egg to assist fertilization.
- **ID-Release/Open ID (Identity Release):** A donor program where the donor agrees to allow the bank or registry to release their contact information to the donor-conceived child once the child turns 18.
- **IF (Infertility):** “Infertility” is a condition, or status characterized by the following: The inability to achieve a successful pregnancy in 12 months when the female partner is under 35 years of age and in 6 months when the female partner is 35 years of age or older.
- **IF (Intended Father):** An intended father is a man who legally, socially, and permanently commits to raising a child, regardless of whether he shares a genetic connection to that child.
- **IM (Intramuscular Injection):** An injection administered into the muscle, often used for medications like progesterone in fertility treatments.
- **IM (ntended Mother):** A woman who legally, socially, and permanently commits to raising a child, regardless of whether she shares a genetic connection to that child.
- **IP/IPs (Intended Parent/Intended Parents):** The person or couple who will legally raise the child and are undergoing third-party reproduction.
- **ITI (Intratubal Insemination):** Sperm is placed directly into the fallopian tube, closer to where fertilization occurs naturally.
- **IUGR (Intrauterine Growth Retardation):** A condition where a fetus grows slower than expected in the womb, potentially affecting pregnancy outcomes.
- **IUI (Intrauterine Insemination):** A fertility procedure where sperm is placed directly in the uterus to improve chances of fertilization.
- **IVC (Intra-vaginal Culture):** A technique where eggs and sperm are cultured together in a vaginal incubator to facilitate fertilization.



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- **IVF (In Vitro Fertilization):** Fertility treatment where eggs and sperm are combined in a lab to create embryos.
- **IVIG (Intravenous Immunoglobulin):** An immune therapy used in some fertility treatments to address immune-related infertility.

J's

- **JCM:** Just-in-case medications are prescriptions provided to a patient to have on hand for potential side effects or emergencies during a cycle.
- **J-Gland:** A less common clinical reference to the juxtaglomerular cells, which can sometimes be discussed in the context of blood pressure and hormonal regulation during pregnancy.
- **J-Pouch:** A surgically created internal reservoir that fertility specialists may monitor, as previous pelvic surgeries can impact reproductive anatomy and adhesions.

K's

- **Karyotype:** A laboratory test that examines the size, shape, and number of chromosomes in a person's cells to identify genetic causes of infertility or recurrent loss.
- **KIR:** Killer Cell Immunoglobulin-like Receptors are markers on uterine "natural killer" cells that interact with an embryo's DNA to help determine if implantation will be successful.
- **KISS:** The "Keep It Simple, Sister" protocol is an informal term used for low-intervention cycles that avoid heavy dosages of stimulation medications.
- **Klinefelter:** A genetic condition (XXY) in males that is a frequent focus in fertility testing because it often leads to low or absent sperm production.
- **KS:** Kallmann Syndrome is a genetic disorder that prevents a person from starting or fully completing puberty, which directly affects the production of reproductive hormones.



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L's

- **LAD (Leukocyte Antibody Detection Assay):** A test for immune response in which antibodies against white blood cells are measured.
- **LAP (Laparoscopy):** A minimally invasive surgical procedure often used to diagnose or treat issues like endometriosis or ovarian cysts.
- **LH (Luteinizing Hormone):** A hormone that triggers ovulation and is essential for reproductive function.
- **LIT (Leukocyte Immunization Therapy):** An immune therapy used in some cases of recurrent pregnancy loss or infertility.
- **LMP (Last Menstrual Period):** The first day of your last menstrual period, commonly used to calculate pregnancy dating.
- **LP (Luteal-Phase):** The second half of the menstrual cycle after ovulation, crucial for implantation and early pregnancy.
- **LPD (Luteal-Phase Defect):** A condition where the luteal phase is too short or hormone levels are insufficient, affecting implantation.
- **LPS or LPOS (Luteal phase stim):** When you start IVF stimulation medications after ovulation instead of when you get your period.
- **LSP (Low Sperm Count):** A lower-than-normal concentration of sperm, which can impact fertility.
- **LUF (Luteinized Unruptured Follicle Syndrome):** A condition where the follicle doesn't release an egg despite luteinization, affecting ovulation.



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M's

- **MAI (Miscarriage after Infertility):** Refers to pregnancy loss experienced by those who have struggled with infertility.
- **MC (Miscarriage):** The loss of a pregnancy before the 20th week.
- **MENTS (Subject Matter May Be Difficult to Read):** A courtesy warning on forums when discussing sensitive topics, like loss or trauma.
- **MESA (Microsurgical Epididymal Sperm Aspiration):** A procedure to collect sperm directly from the epididymis in men with obstructive azoospermia.
- **MF (Male Factor):** Refers to infertility issues originating from the male partner, such as low sperm count or motility.
- **MFI (Male Factor Infertility):** Refers to infertility issues originating from the male partner, such as low sperm count or motility.
- **MI and MII (Metaphase I and Metaphase II):** Designate the maturity levels of retrieved eggs, with MII indicating the egg is fully mature and ready for fertilization.
- **MMC (Missed Miscarriage):** A pregnancy loss where the body does not immediately recognize the loss (no bleeding or cramping), usually discovered during an ultrasound.



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N's

- **NK or NKC (Natural Killer Cells):** Part of the immune system that, in high levels, may impact implantation and pregnancy.
- **NORIF (Non-stimulated Oocyte Retrieval In-office Fertilization):** Egg retrieval performed without stimulation drugs, used in special fertility cases.
- **NP (Nurse Practitioner):** A licensed nurse with advanced training, who may assist in fertility treatments.
- **NSA (Non-Surgical Sperm Aspiration):** A less invasive technique for collecting sperm.
- **NTNP (Not Trying, Not Preventing):** For the phase before active tracking begins.

O's

- **OAT" (Organic Acids Test) and "OAT" (Oligoasthenoteratozoospermia).**
- **O, OV (Ovulation):** The release of an egg from the ovary, essential for natural conception.
- **OB (Obstetrician):** A doctor specializing in pregnancy and childbirth.
- **OB/GYN (Obstetrician/Gynecologist):** A doctor specializing in reproductive health, pregnancy, and childbirth.
- **OC (Oral Contraceptives):** Birth control pills, sometimes used to regulate cycles before fertility treatments.
- **OD (Ovum Donor or Ovulatory Dysfunction):** Refers to an egg donor or a condition impacting ovulation.
- **OHSS (Ovarian Hyperstimulation Syndrome):** A reaction to fertility drugs where ovaries become swollen, sometimes requiring medical attention.
- **OI (Ovulation Induction):** Stimulating ovulation through medications to improve chances of conception.
- **OPK (Ovulation Predictor Kit):** The actual tool used for OPT.
- **OPT (Ovulation Predictor Test):** This test checks for hormonal changes signaling ovulation.
- **OTC (Over the Counter):** Non-prescription medications or tests, like home pregnancy tests.



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P's

- **P4/Prog (Progesterone):** A hormone supporting the uterine lining in early pregnancy.
- **PAI-1 (Plasminogen Activator Inhibitor-1):** A protein that may be tested in cases of recurrent pregnancy loss.
- **PBO (Pre-Birth Order):** A legal document obtained during pregnancy that declares the Intended Parents as the legal parents before the baby is even born.
- **PCOS (Polycystic Ovarian Syndrome):** A hormonal disorder affecting ovulation, linked to insulin resistance and fertility challenges. **Recently changed to PMOS:** Polyendocrine Metabolic Ovarian Syndrome.
- **PCP (Primary Care Physician):** Your main healthcare provider, who can provide referrals for fertility specialists.
- **PCT (Post-Coital Test):** Examines cervical mucus after intercourse to check sperm's ability to survive and move.
- **PESA (Percutaneous Epididymal Sperm Aspiration):** A technique for collecting sperm directly from the epididymis.
- **PG (Pregnant):** Being in a state of pregnancy.
- **PGD (Preimplantation Genetic Diagnosis):** Genetic testing on embryos to screen for specific genetic conditions.
- **PGS (Preimplantation Genetic Screening):** Genetic testing of embryos to check for chromosomal abnormalities.
- **PGT-A (Preimplantation Genetic Testing for Aneuploidy):** Specifically checking for the correct number of chromosomes (formerly **PGS**).
- **PGT-M (Preimplantation Genetic Testing for Monogenic/Single Gene Disorders):** Checking for specific inherited genetic conditions (formerly **PGD**).
- **PGT-SR (Preimplantation Genetic Testing for Structural Rearrangements):** Specifically for parents with known chromosomal translocations.
- **PI (Primary Infertility):** Infertility in couples who have never conceived before.



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P's

- **PID (Pelvic Inflammatory Disease):** Infection in the reproductive organs, which can impact fertility.
- **PIO (Progesterone in Oil):** A progesterone injection used to support pregnancy in fertility treatments.
- **PLI (Paternal Leukocyte Immunization):** An immune treatment sometimes used for recurrent miscarriage.
- **PMH (Perinatal Mental Health):**
- **PMOS (Polyendocrine Metabolic Ovarian Syndrome):** Previously was **PCOS (Polycystic Ovarian Syndrome):** A hormonal disorder affecting ovulation, linked to insulin resistance and fertility challenges.
- **PNV (Prenatal vitamins):** Prenatal vitamins
- **POAS (Pee On A Stick):** Taking a home pregnancy test.
- **POI (Premature Ovarian Insufficiency):** When the ovaries stop functioning before age 40, affecting fertility.
- **PRP (Platelet-Rich Plasma):** A treatment where a patient's own concentrated blood platelets are injected into the ovaries or uterine lining to stimulate tissue repair and improve rejuvenation.
- **PTSD (Post-Traumatic Stress Disorder):** Anxiety disorder from traumatic experiences, sometimes seen after pregnancy loss or infertility.
- **PUPU (Pregnant Until Proven Otherwise):** Mindset after embryo transfer, hopeful until pregnancy is confirmed.
- **PZD (Partial Zona Dissection):** Assisted reproductive technique used in some IVF cases to help sperm fertilize an egg.



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Q's

- **QA (Quality Assurance):** Refers to the strict laboratory protocols used in IVF clinics to ensure the environment is optimal for embryo growth and safety.
- **QC (Quality Control):** The process of testing and monitoring lab equipment and media to maintain the highest standards for successful fertilization.
- **QD:** A Latin-based medical abbreviation meaning "once a day," frequently seen on prescriptions for prenatal vitamins or hormone supplements.
- **QH:** A Latin-based medical abbreviation meaning "every hour," sometimes used in clinical settings for monitoring patients during intensive procedures like egg retrievals.
- **QID:** A Latin-based medical abbreviation meaning "four times a day," used for specific dosing schedules of fertility medications or progesterone.
- **QNS (Quantity Not Sufficient):** A laboratory note indicating that a blood sample or specimen did not have enough volume to complete the required fertility testing.
- **QPT (Quantitative Pregnancy Test):** A blood draw (Beta hCG) that measures the exact level of pregnancy hormone rather than just a "yes" or "no" result.
- **Q-Symmetry:** A specialized term used in embryology to describe the balanced cell division patterns looked for during early-stage embryo grading.



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R's

- **RE (Reproductive Endocrinologist):** A doctor specialized in fertility and hormonal issues related to reproduction.
- **REI (Reproductive Endocrinology and Infertility):** The full formal name for the subspecialty of an RE.
- **R-hFSH (Recombinant Human Follicle Stimulating Hormone):** A synthetic version of FSH used to stimulate egg production in fertility treatments.
- **RI (Reproductive Immunologist):** A doctor who focuses on immune-related fertility issues, such as recurrent miscarriage or implantation failure.
- **RIF (Recurrent Implantation Failure):** Multiple failed transfers.
- **RIVF (Reciprocal IVF):** Is a process (same sex relationship), where one partner provides the eggs to create an embryo and the other partner carries the pregnancy, allowing both individuals to have a physical and biological connection to their child.
- **RP (Recipient Parent):** The parent who receives the donor egg, donor sperm, or donated embryo to carry the pregnancy.
- **RPL (Recurrent Pregnancy Loss):** Multiple miscarriages, often defined as three or more consecutive losses.
- **RX (Prescription):** Medication prescribed by a healthcare provider, often seen in fertility treatment plans.



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S's

- **SA (Semen Analysis):** A test that assesses sperm count, motility, morphology, and other factors in a semen sample to evaluate male fertility.
- **SART (Society for Assisted Reproductive Technology):** An organization that provides standards, data, and support for ART clinics and patients.
- **SB (Stillbirth):** The loss of a fetus after the 20th week of pregnancy.
- **SD (Sperm Donor):** A man who donates sperm for use in assisted reproductive procedures, like IUI or IVF.
- **SEEDS (Society for Ethics in Egg Donation and Surrogacy):** A nonprofit organization dedicated to promoting ethical standards within the third-party reproduction industry.
- **SHG, SIS (Sonohysterogram or Saline Infusion Sonogram):** An ultrasound test with saline to visualize the uterus and check for abnormalities.
- **SI (Secondary Infertility):** Difficulty conceiving or carrying a pregnancy to term after previously giving birth.
- **SMBC (Single Mother by Choice):** Refers to a person who decides to become a solo parent without a partner, typically using donor sperm, egg donation, or embryo donation.
- **SLE (Systemic Lupus Erythematosus):** An autoimmune disease that can impact fertility and pregnancy.
- **SO (Significant Other):** Refers to one's partner, often used in fertility communities.
- **SPA (Sperm Penetration Assay):** A test assessing sperm's ability to penetrate an egg-like structure, gauging fertility potential.
- **SPALS (Subsequent Pregnancy After a Loss Support):** Support groups for those who are pregnant after experiencing a loss.
- **S/S (Signs/Symptoms):** Refers to physical indicators or symptoms, often discussed in relation to fertility treatments or early pregnancy.
- **STD (Sexually Transmitted Disease):** Infections passed through sexual contact, some of which can impact fertility.
- **STI (Sexually Transmitted Infection):** Infections passed through sexual contact, some of which can impact fertility.
- **STIMS (Stimulation):** The phase of an IVF cycle where injectable medications are used to grow multiple follicles.
- **SQ, SubQ (Subcutaneous Injection):** An injection administered under the skin, often used for medications in fertility treatments.



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T's

- **T4 (Thyroxine):** A thyroid hormone tested and managed in some fertility treatments, as thyroid health impacts fertility.
- **TeBG (Testosterone-Estradiol Binding Globulin):** A protein that binds to sex hormones, tested to understand hormonal health.
- **TDI (Therapeutic Donor Insemination):** Insemination procedure using anonymous donor sperm to achieve pregnancy.
- **TAC (Transabdominal Cerclage):** Surgical stitch placed in the cervix to prevent pregnancy loss from cervical insufficiency.
- **TCM (Traditional Chinese Medicine):** Includes acupuncture, herbs, and lifestyle practices used alongside fertility care.
- **TESE (Testicular Sperm Extraction):** Surgical retrieval of sperm directly from the testicle.
- **TESA (Testicular Sperm Aspiration):** Needle-based sperm retrieval from the testicle.
- **TFT (Tubal Factor Infertility):** Infertility due to blocked or damaged fallopian tubes.
- **TMSC (Total Motile Sperm Count):** The actual number of "good swimmers" in a sample, often more important than the total count.
- **TPO (Thyroid Peroxidase Antibodies):** Markers of autoimmune thyroid disease that can affect fertility.
- **TRIO:** A newer diagnostic "package" that includes the **ERA**, **EMMA**, and **ALICE** tests to check uterine receptivity and microbiome.
- **TRT (Testosterone Replacement Therapy):** Recognized as a male contraceptive because it creates a hormonal environment that is typically incompatible with natural conception.
- **TS (Traditional Surrogate):** A surrogate who carries a pregnancy and *is* genetically related to the child, using her own egg fertilized by donor or IP sperm.
- **TSH (Thyroid Stimulating Hormone):** Often monitored closely, as thyroid levels are critical for maintaining early pregnancy.
- **TTC (Trying To Conceive):** The overarching acronym for the entire process.
- **TTCAL (Trying To Conceive After Loss):** Specifically used by those navigating the journey after a miscarriage.



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T's

- **TVUS (Transvaginal ultrasound):** Internal ultrasound to monitor ovaries and uterus.
- **TWW / 2WW (Two-Week Wait):** The agonizing period between ovulation (or transfer) and when a pregnancy test can be accurately taken.

U's

- **U/S (Ultrasound):** Imaging used to evaluate reproductive organs.
- **UFI (Unexplained Fertility Issues):** Infertility without a clear diagnosed cause.
- **UPT (Urine Pregnancy Test):** The clinical term for an over-the-counter pregnancy test.
- **UTI (Urinary tract infection):** Bladder infection (not fertility-specific but commonly discussed).

V's

- **VASA (Vasectomy Reversal):** Surgical reconnection of the vas deferens.
- **VEGF (Vascular Endothelial Growth Factor):** Protein involved in blood vessel formation and implantation.
- **VTS (Very Thin Sperm):** Descriptive lab term for abnormal sperm morphology.
- **VTP (Vaginal Progesterone):** Progesterone support used after ovulation or embryo transfer.

W's

- **WA (Weeks of Amenorrhea):** Gestational age counted from last menstrual period (more common outside the U.S.).
- **WTO (Waiting to Ovulate):** Used in daily chat threads to describe where a person is in their cycle.



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X's

- **X-linked:** Genetic condition carried on the X chromosome that may affect fertility or pregnancy.
- **XCI (X-Chromosome Inactivation):** Normal process where one X chromosome is silenced in female cells.

Y's

- **YCMD (Y-Chromosome Microdeletion):** Genetic cause of male factor infertility affecting sperm production.
- **Y-linked:** Genetic condition passed from father to son via the Y chromosome.

Z's

- **ZIFT** – Zygote Intrafallopian Transfer; early IVF technique placing a fertilized egg into the fallopian tube (rare today).

Additional Considerations

It's important to note that this is not a complete list, as the amount of terms used in fertility journeys are extensive!

My goal as a Fertility Coach and Educator is to help you learn as much as possible about this process. While I provide the suggestions and research to empower your journey, a thorough consultation with your medical team—including your RE, endocrinologist, naturopathic doctor, reproductive immunologist, etc.—is crucial to finalizing your clinical plan.

I am here to help you prep for those appointments, make sense of the results, and assist with next steps . Please reach out with any questions!



Hi, I'm Mariah Tuffy Joseph, MSW — a Fertility Coach and Educator. I offer personalized support, guidance, education, tools and resources to help you navigate the practical, physical, emotional and relational challenges of fertility, pregnancy loss, and sexual health. I specialize in helping clients uncover and address root causes of fertility challenges and recurrent pregnancy loss, as well as providing guidance for natural and IVF conception, especially for women over 35.

I lead One on One and Couples Sessions. I also hold Online and In Person Support Groups for women (South Florida, USA).

My goal is to help you go from feeling shame, confused, overwhelmed and alone, to empowered, clarity, calm and connection on your journey.

I am on this intense life changing fertility journey with you—after 3 years, 3 losses, multiple fertility programs, and 3+ IVF cycles, we still don't have our baby...



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