

TIMED INTERCOURSE

— STEP BY STEP



What is it?

Timed intercourse (TIC) is a fertility treatment approach that helps coordinate intercourse with ovulation to maximize the chance of pregnancy. Ovulation may occur naturally or be supported with fertility medications and monitoring.

Who is it for?

TIC may be recommended for:

- Individuals or couples with regular ovulation who have been trying to conceive without success
- Mild ovulatory dysfunction
- Unexplained infertility
- Patients beginning fertility treatment before moving to more advanced options

Typical Timelines

- Initial consultation and fertility testing
- Cycle monitoring begins early in the menstrual cycle
- Ovulation predictor kits, ultrasound monitoring, and/or bloodwork may be used
- Intercourse is timed around ovulation
- Pregnancy test approximately 2 weeks after ovulation

A typical treatment cycle lasts one menstrual cycle (approximately 1 month)

Monitoring Expectations

Monitoring may include:

- Ovulation predictor kits
- Bloodwork to track hormone levels
- Ultrasound monitoring of follicle growth
- Instructions for timing intercourse

Some patients require minimal monitoring, while others may need multiple visits during the cycle.

Recovery

There is typically no physical recovery period associated with TIC. Patients can continue normal daily activities throughout treatment.

Cost Structure Basics

Costs may include:

- Ultrasound and laboratory monitoring

- Fertility medications (if prescribed)
- Follow-up visits

Costs vary depending on monitoring requirements, medication use, and insurance coverage.

Please note: Treatment plans, timelines, monitoring, medications, and costs vary by patient. Your provider will recommend the approach most appropriate for your individual situation.

Contact Wellnest Fertility: 801.406.3819

🌐 Fertility Clinic in Ogden, Utah | Wellnest Fertility