



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

Common Fertility Acronyms

2WW	2 Week Wait
ACA	Anti-cardiolipin Antibody
ACTH	Adrenal Carticotropic Hormone
AF	Aunt Flo, After Flo, Period, or Menstrual Cycle
AH	Assisted Hatching
AI	Artificial/Assisted Insemination
ADA	Anti-DNA antibodies
ANA	Anti-nuclear Antibodies
APA	Anti-phospholipid Antibodies
APS	Anti-Phospholipid Syndrome
APTT	Activated Partial Thrombo Time
ART	Assisted Reproductive Technology
ASA	Anti-sperm Antibody
ASRM	American Society of Reproductive Medicine
BA	Baby Aspirin
BBT	Basal Body Temperature
BCP	Birth Control Pills
BD	Baby Dance (sex)
Beta	HCG pregnancy test
BFN	Big Fat Negative
B/W, b/w	Bloodwork
CAH	Congenital Adrenal Hyperplasia
CASA	Computer-assisted Semen Analysis
CB	Cycle Buddy
CBAVD	Congenital Bilateral Absence of Vas Deferens
CCCT, CCT	Clomiphene Citrate Challenge Test (Clomid Challenge Test)
CGT	Couple Genetic Testing
CD	Cycle Day
CF	Cystic Fibrosis
CM	Cervical Mucus
CMV	Cytomegalovirus
CNM	Certified Nurse Midwife
COH	Controlled Ovarian Hyperstimulation
CP	Cervical Position
CPFM	ClearPlan Fertility Monitor (Brand Name)
CVS	Chorionic Villae Sampling
D&C	Dilation & Curettage



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D&E	Dilation & Evacuation
DE	Donor Eggs
DES	Diethylstilbestrol
DH	Dear Husband
DHEAS	Dihydroepiandrosterone
DI	Donor Husband
DIPI	Direct Intra-peritoneal Insemination
DOR	Diminished Ovarian Reserve
DPO	Days Post-Ovulation
DPR	Days Post-Retrieval
DPT	Days Post-Transfer
DP3DT	Days Post 3-Day Transfer
DP5DT	Days Post 5-Day Transfer
DW	Dear Wife
Dx	Diagnosis
E2	Estradiol
EB, EMB	Endometrial Biopsy
ENDO	Endometriosis
EPT	Early Pregnancy Test
ER	Egg Retrieval
ET	Egg Transfer
ETA	Embryo Toxicity Assay
ETF	Embryo Toxicity Factor
FAQ	Frequently Asked Questions
FBG	Fasting Blood Glucose
FI	Fasting Insulin
FF	Fertility Friend
FHR	Fetal Heart Rate
FP	Follicular Phase
FM	Fertility Mucus or Fertility Monitor
FRED	Fertility Response Early Detection (Brand Name)
Frostie	Frozen Embryo
FSH	Follicle-Stimulating Hormone
FTTA	Fertile Thoughts to All
GD	Gestational Diabetes
GI	Gastrointestinal
GIFT	Gamete Intrafallopian Transfer
GnRH	Gonadotropin-Releasing Hormone
GP	General Practitioner



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GT	Genetic Testing
GTT	Glucose Tolerance Test
hCG, HCG	Human Chorionic Gonadotropin
hMG, HMG	Human Menopausal Gonadotropin
HCP	Health Care Practitioner
HEPA	Hamster Egg Penetration Assay
HPT	Home Pregnancy Test
HRT	Hormone Replacement Therapy
HSC	Hysteroscopy
HSG	Hysterosalpingogram
HX	History
IBT	Immunobead Binding Test
ICI	Intra-cervical Insemination
ICSI	Intra-cytoplasmic Sperm Injection
IF	Infertility
IGTT	Insulin and Glucose Tolerance Test
INCIID	International Council on Infertility Information Dissemination
IM	Intramuscular injections
IOR	Immature Oocyte Retrieval
IR	Insulin Resistant
ITI	Intra-tubal Insemination
IUGR	Intra-uterine Growth Retardation
IUI	Intra-uterine Insemination
IVC	Intra-vaginal Culture
IVF/ET	In Vitro Fertilization and Embryo Transfer
IVF	In Vitro Fertilization
IVIg	Intravenous Immunoglobulin
LA	Lupus anticoagulant
LAD	Leukocyte Antibody Detection Assay
LAP	Laparoscopy
LH	Luteinizing Hormone
LIT	Leukocyte Immunization Therapy
LMP	Last Menstrual Period (start date)
LOL	Laughing Out Loud
LP	Luteal-Phase
LPD	Luteal-Phase Defect
LSP	Low Sperm Count
LUF, LUFS	Luteinized Unruptured Follicle Syndrome
MESA	Microsurgical Epididymal Sperm Aspiration



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MF	Male Factor
MTHFR	Methylenetetrahydrofolate reductase is a genetic mutation that can affect fertility
M/C	Miscarriage
NFB	Natural Fertility Breakthrough (Brand Name)
NFT	Natural Fertility Treatment
NT	Nuchal Translucency scan
NKC	Natural Killer Cells
OHSS	Ovarian Hyperstimulation Syndrome
OI	Ovulation Induction
OPK	Ovulation Prediction Kit
OPU	Oocyte Pick-Up
OT	Ovulation Tracking
OV	Oocyte Vitrification
OW	Oocyte Warming
PCHCP	Preconception Health Care Preparation
PCO	Polycystic Ovaries
PCOS	Polycystic Ovarian Syndrome
PESA	Percutaneous Epididymal Sperm Aspiration
PGD	Pre-implanation Genetic Diagnosis
PICSI	Physiological Intracytoplasmic Sperm
POAS	Pee On A Stick
RE	Reproductive Endocrinologist
RO	Right Ovary
SA	Sperm/Semen Analysis
SD	Sperm Donor
SIUI	Stimulated IUI
SMU	Second Morning Urine
SURR	Surrogate
TD	Treatment Day
TB	Testicular Biopsy
TESE	Testicular Sperm Extraction
TTC	Trying To Conceive
Trigger	hCG shot given to induce ovulation
TSH	Thyroid Stimulating Hormone
WFP	Wait For Period
WIC	Where In Cycle