PARATION

Signs that it is time to see a doctor

19 August 2026 · 4 min read · Author: Nataliia Churpii

ymptoms that are easy to put down to tiredness, but worth bringing to a fertility specialist now.

Most of what people come to us with has been building for months. Here is what should not wait.

When not to wait

1. A year of regular intercourse with no pregnancy.
2. A cycle shorter than 21 days or longer than 35.
3. Periods painful enough that you regularly miss work.
4. Two or more pregnancy losses.
5. You are over 35 and have been trying for more than six months.

> *Age is the one factor that cannot be put off until later.*

f any of these sound like you, book a consultation. A first visit commits you to nothing.