

# 3

# important things to know about unexplained infertility

## 1. What is unexplained infertility?



For most couples, a **cause of infertility can be identified** and it includes male and female factors with sperm & tubal problems.



**Unexplained infertility** is diagnosed when doctors can't find a specific reason why a couple is having trouble getting pregnant, even after running the usual tests.



About **30% of couples** dealing with infertility fall into this category. It's a diagnosis that can be frustrating because there isn't a clear cause to address.

## 2. How common is unexplained infertility?



Unexplained infertility affects **nearly one-third of couples** struggling to conceive.



This means that for many, there is **no obvious problem identified** with either partner's reproductive health.



Despite this, it's important to know that there are **still treatment options available**.

## 3. What are the treatment options for unexplained infertility?



For couples with unexplained infertility, doctors often recommend starting with a treatment for the female partner called Intrauterine

Insemination (IUI) which is combined with medication to help stimulate the ovaries to produce more eggs and **boost the chances of conception**.



In some cases, **In Vitro Fertilization (IVF)** might be considered, especially if other treatments haven't worked.



Dealing with infertility can be very stressful so it is **crucial to get emotional support**.



Go to the **Ask Fertility App** for information & support – [AskFertility.org](https://www.askfertility.org)

Visit the MCHRI website for **Consumer & Health Professional resources**: [mchri.org.au/fertility-and-infertility](https://mchri.org.au/fertility-and-infertility)

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