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February 2014

Trying to make people: The OVACUE how-to!

posted by NICOLE | 52 COMMENTS



Almost two years ago we started on the journey towards having another child, and like most people, we thought it would be a snap. All we would need to do was to actively stop trying to *not* have a baby and we would be set. Wham, bam, thank you ma'am, here you go. But yet, two years later we are still baby free.

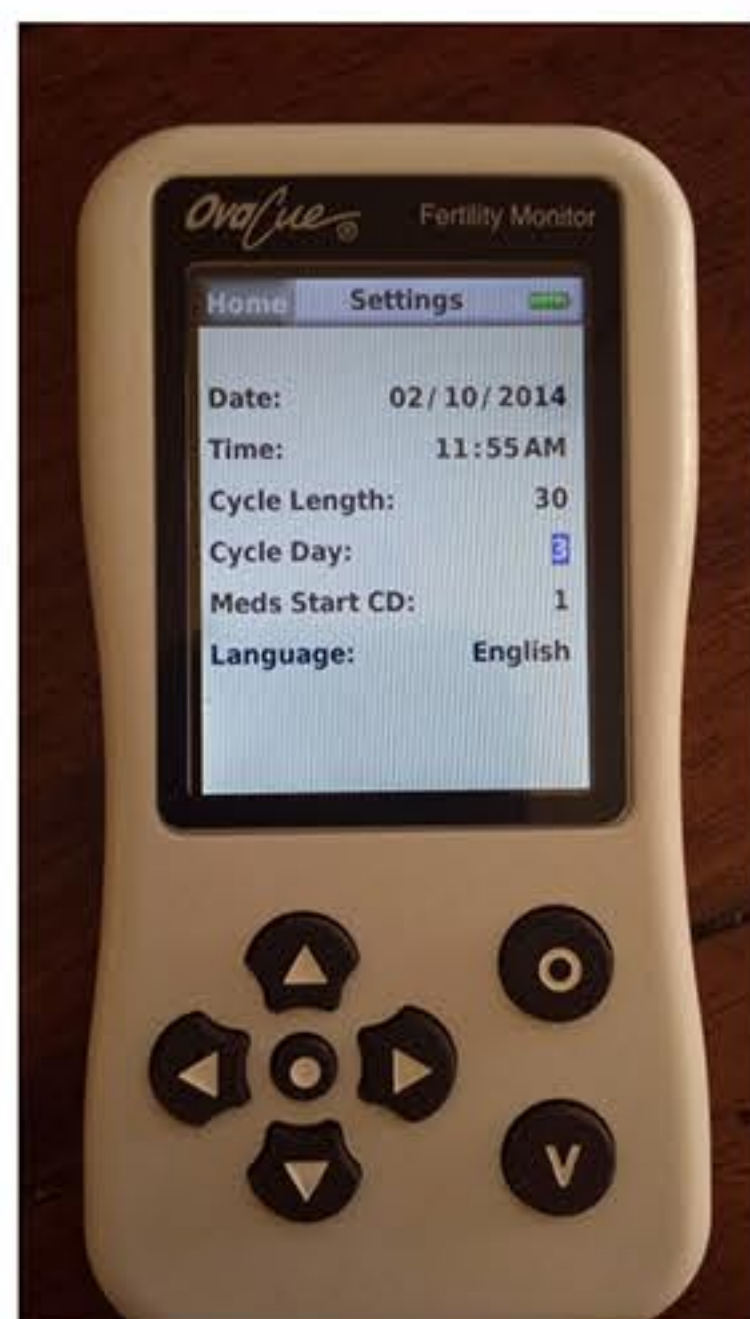
It seems, despite what every Trojan commercial and MTV says, it is quite difficult to get pregnant...well for me and my 37 year old ovaries it is. Seriously, I got nothing. My uterus is like a seashell but instead of hearing the ocean you put your ear up to my belly and hear crickets. But apparently there is a science to all this and it's all about timing. Before I had no idea when I was supposed to ovulate, just that I did. Now, like every other woman in my situation, I could teach a class on the female reproductive system and cycle. Let me put it to you this way, if there were a Jeopardy category about cervical mucus, I would own that shit.

As you know (or if you haven't been keeping up- are about to find out) [we had a miscarriage](#) back in August of 2012. After that terrible ordeal we enlisted the help of some awesome OB-GYNs to see if there was an issue and to pretty much do everything short of enlisting the aid of a proper fertility doctor (though not completely off the table yet). [This past fall I had to stop](#). No more blood draws, no more clomid, no more almost weekly doctors appointments. It was time to try a more natural approach by way of learning my cycle and charting my days...and then I was introduced to [OvaCue](#).



This, my friends, is my [OvaCue Fertility Monitor](#) (snazzy pink polka-dotted carrying case not included). This little thing will change how you go through the process of trying to conceive. In short, OvaCue, through daily monitoring of the electrolyte levels in your saliva, will tell you the exact date of expected ovulation with a 98.3% accuracy. AND if you are using the vaginal wand in addition to the oral monitor you will get confirmation that you *did* ovulate. This is my favorite part, for some reason, it's the same satisfaction that checking an item off your to-do list has...if you're a [wierdo](#) awesome Type A like me.

So what does my typical day with OvaCue look like? Easy peasy. The only thing that ever is an issue is that I am in no way, not even a little bit, a morning person and you have to do the oral test before you brush your teeth or take your first sip of coffee. I have been known to forget to do it every now and then although I find that setting it next to my toothbrush helps to make sure I see it in the morning. And on setup day...well the brain isn't always there. Setup day is what I call the day that I start using my monitor for the month, ideally this would be day 2 of your cycle but Ovacue says just by day 4 at the latest.



This is my monitor when I set it up for the month just the other day. As you can see I am on a 30 day cycle and I started monitoring on day 3.



And this sexy beast is me (sorry to disappoint all the eligible bachelors out there reading my parenting blog, but I'm taken). All you do to test it hit the "O" for oral (duh) and follow directions. It sits in your mouth for all of about 3-5 seconds and you're done.



So here is my read out for day 3 of my cycle on February 10th...not fertile. And off I am to go about the rest of my day. It doesn't get any easier than that. I do this every morning until I get ovulation confirmation. If you plan on doing vaginal monitoring (which I HIGHLY recommend) you start that on day 8 of your cycle. I do this when I go into my room, *after coffee*, while I'm changing into my clothes for the day or jumping in the shower. Just like the oral testing, you hit "V" for vaginal, follow directions and insert the wand for all of about 3-5 seconds and you're done. Please forgive me if I don't post photos of that...it's not that kind of blog but you can see a photo of my wand in the first photo in this post.



To give you an idea what an entire month looks like here is October in my monitor. It's a little tough to see the difference in color but there is a slight difference between September 30th and October 1st, this tells me my chances of getting a's are higher if I have intercourse on that day is slightly higher. Then come October 5th, you can clearly see it's a darker blue which means it's go time baby. The darkest blue on October 8th is my highest day and then October 9th turns pink which tells me that I did ovulate. After my pink day I stop testing till the next cycle.

There you have it! Like I said, easy peasy.

And if I can take a moment to talk to [all the ladies out there who are where I am right now](#), and if you're finally at the bottom of this long ass post I'm assuming you are. This isn't the miracle that's going to guarantee you a baby, it's not how it works. What it is another option in a world where there seems to not be enough options. I did the pee sticks, and while it was nice to get my ovulation narrowed down to a week, this blows that out of the water. Who wants to pee on a stick everyday? And I'm sorry, but lets be honest here, I am a busy, often exhausted woman so telling me *around* when I should be "doing it" with my husband is not good enough. I want to know *exactly* when I should be having sex, the exact day. I don't have time or energy for anything else.

If you are interested in getting more information please check out [OvaCue's website](#) for any information you may need and to see the range of other things that come in handy when you're #TTC including basal thermometers and pee sticks along with a wide array of vitamin supplements and prenatal vitamins for both men and women to help with your getting knocked-up needs. (I was sent the prenatal and vitamins but I am *super* sensitive to any sort of medication so I can't talk about those with any sort of intelligence. Sorry-) AND!! If you enter the coupon code BETTERHALFMOMMY you will get 10% off your order!

Disclosure and message: I was sent the monitor and supplements for the purpose of doing this review back in the fall. (Yes, I realize it's now February and I'm barely getting to the actual review but I am nothing if not prompt!) In the past 3 years I have worked with plenty of companies both in and out of the blogging world and I have to say that Fairhaven Health is, and has been, the best company I have ever been connected to. This type of thing is not like a vacuum or baby walker that you can say "this works" or "this doesn't", there are emotions and heart attached to the overall purpose of this product. So, I would like to say a huge THANK YOU to Fairhaven Health, especially Sarah (my contact person) for being so understanding, supportive and patient. In a world full of corporations where the customer is just a number or a nuisance, who doesn't want to support a company with excellent customer service and care?

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Who am I?

I am Nicole Yontz. Knower of all things. Bringer of happiness and juice. Snappy dresser. Avid watcher of very bad television. Liker of short sentences. PR friendly, mostly. Contact me at NicoleYontz5@gmail.com

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I am the better half, and this is my blog. Duh.

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