Fertility on TRT Planner

FREE BONUS 3 · THE HCG ADVANTAGE BY NELSON VERGEL

A timeline for men planning to have children, from Chapter 5. Sperm production takes 64 to 74 days for one full cycle, so expect meaningful changes no earlier than 8 to 12 weeks. Plan this with a reproductive specialist.

Before you start

- ☐ Baseline semen analysis, the benchmark every later result is compared with
- ☐ Baseline blood panel: LH, FSH, testosterone, estradiol, 17-OHP
- ☐ Testicular ultrasound
- ☐ A reproductive endocrinologist or andrologist on your care team, alongside the doctor managing your hormones
- ☐ Your partner's care team informed, if natural conception is the goal

What to expect, and when (Table 6.3)

Time from start	What usually happens	What gets checked
2 weeks	17-OHP rises, confirming the testicles are responding	17-OHP, testosterone, estradiol
4-6 weeks	Natural LH and FSH begin to recover if TRT was stopped; testicular fullness often first noticed	LH, FSH; whether FSH support is needed
8-10 weeks	The first full sperm-production cycle is nearly complete	Semen analysis may show first signs of improvement
3 months	The first meaningful result. Good responders usually show clear improvement	Semen analysis: the main decision point
6 months	Most responders reach their plateau	Semen analysis; if no response, the plan is reassessed
12 months and beyond	Slow improvement can continue in some men	Semen analysis; long-term plan

Why three months matters

Men with meaningful improvement at three months are almost always full responders at six months. No improvement at three months makes a protocol change more likely, such as adding FSH. About a third of men do not recover fully, and the book covers the next options in Chapter 5.

Educational only, not medical advice. Decisions about treatment belong with you and your clinician.
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My semen analysis results

Date	Weeks in	Count (M/mL)	Total count	Motility %	Morphology %	Notes

Questions for my specialist

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