

Partner & Integration

Your 90-Day Programme — weeks 9 to 12

- Week 9: The 74-day sperm cycle — what he can do now
- Week 10: GP advocacy — what to ask, what to test
- Week 11: The NHS pathway, IUI and IVF — knowing your options
- Week 12: Your 90-day review and what comes next
- Space for your own notes each week