



# ***10 Overlooked Fertility Tests That Could Finally Explain Why You're Not Conceiving*** *(Even If Your Doctor Says Everything Looks "Normal")*

If you've been told your labs look "fine" but you're still not pregnant—or you've had miscarriages with no explanation—you're not alone. Most women are never offered these tests unless they ask for them.

This List will empower you to:

- ☒ Ask for the right labs
- ☒ Uncover hidden causes of infertility
- ☒ Advocate for yourself with confidence

*I personally used these tests to uncover the hidden causes of my infertility after doctors told me my only option was IVF with donor eggs. By getting the *right* labs, I discovered root causes—and went on to conceive four miracle babies after 35.*

💡 *Pro tip:* If your insurance won't cover some of these tests, you can often order them directly through [Ulta Labs](#) at a fraction of the cost. Use **Erica15** for 15% off any test

## **1. Extended Thyroid Panel**

- **Why it matters:** TSH alone isn't enough—imbalances in Free T3, Free T4, and antibodies can affect ovulation, implantation, and egg quality.
- **Ask for:** TSH, Free T3, Free T4, TPO antibodies, Thyroglobulin antibodies.
- **Script:** "Can we run a *full* thyroid panel including antibodies and free hormones—not just TSH?"
- **Order Online:** [Extended Thyroid Panel – Ulta Labs](#)

## **2. CBC + Ferritin (Iron Storage)**

- **Why it matters:** Iron deficiency impacts ovulation, energy, and pregnancy health. Ferritin is different than a "low iron" reading and may be low *even if* your iron is "fine"
- **Ask for:** CBC + Ferritin.
- **Order Online:** [CBC + Ferritin – Ulta Labs](#)

## **3. Factor V Leiden Mutation**

- **Why it matters:** A clotting disorder that increases miscarriage risk, and implantation failure
- **Ask for:** Factor V Leiden genetic test.
- **Order Online:** [Factor V Leiden – Ulta Labs](#)

#### 4. Ureaplasma & Mycoplasma Panel

- **Why it matters:** Hidden infections with no symptoms can cause miscarriage and failed implantation. This ONE mycoplasma can be the only cause of infertility.
- It's important to note that this bacteria cultures poorly (meaning you can still have it and the test is negative)
- **Also very important to note that BOTH partners must be treated with antibiotics in order to clear the infection.**

#### 5. APS (Antiphospholipid Antibody Panel)

- **Why it matters:** Autoimmune clotting disorder linked to recurrent miscarriage.
- **Order Online:** [APS Panel – Ulta Labs](#)

#### 6. Egg Quality & Mitochondrial Health Panel

*Egg quality isn't predetermined—the eggs you'll release in 3–4 months are being prepared right now. Lifestyle, nutrient status, and toxin exposure all play a role.*

- **Tests to consider:**
  - Vitamin D → Supports ovarian function, hormone balance, implantation
  - Homocysteine → High levels may signal inflammation or clotting issues
  - CoQ10 → Key nutrient for egg energy production
- **Why it matters:** These are powerful levers for mitochondrial health (the “battery pack” of your eggs).
- **Order Online:**
  - [Vitamin D – Ulta Labs](#)
  - [Homocysteine – Ulta Labs](#)
  - [CoQ10 \(Ubiquinol\) – Ulta Labs](#)
  - [Bundled HERE](#)

#### 7. Progesterone (Mid-Luteal Phase)

- **Why it matters:** Low progesterone is a leading cause of early miscarriage and is KNOWN to decline after 35.
- **When:** Draw blood 7 days after ovulation (Day 21 in a 28-day cycle).
- **Script:** Before my next transfer I'd like to make sure I'm optimizing my chances of success. Since I'm over 35 what kind of progesterone do you normally supplement with?
- **Order Online:** [Progesterone – Ulta Labs](#)

#### 8. Endometriosis + CA-125

- **Why it matters:** Endo is often missed, yet can impact fertility. The only definitive diagnosis is **SURGERY**/laparoscopy, but CA-125 is a blood test that may indicate inflammation linked to endometriosis before surgery.

- **Ask for:** CA-125 blood test and referral if symptoms suggest endo.
- **Script:** Before I have surgery I'd like to see if my blood tests suggest that I have endometriosis.
- **Order Online:** [CA-125 – Ulta Labs](#)

## 9. Inflammation Marker (hs-CRP)

*Unexplained infertility isn't really "unexplained"—it's often undiscovered.*

- **Why it matters:** Low-grade inflammation silently interferes with egg quality and implantation. Standard fertility panels won't catch it.
- **Ask for:** hs-CRP (high sensitivity C-reactive protein).
- **Order Online:** [hs-CRP – Ulta Labs](#)

## 10. Balanced Translocation (Karyotype Genetic Test)

- **Why it matters:** Can prevent embryos from developing. Essential before investing in IVF.
- **Ask for:** Karyotype analysis (both partners).
- *Must request through a fertility clinic/genetics lab*

## Be Empowered...

Doctors won't refund you after a failed procedure—and they often don't suggest these labs unless *you* do. These overlooked tests might be the missing piece that helps you finally get and stay pregnant.

💡 *If insurance won't cover these labs, order direct from [Ulta Labs](#) at discounted pricing.*

I created the [NurturePath Fertility Incubator](#) to help women like you uncover hidden issues, interpret results, and build a fertility plan that works.

👉 Want help deciding which tests to prioritize (and how to talk to your doctor about them)?  
[Book Your Free Next Step Call Here](#)

[EricaHoke.com](https://EricaHoke.com)

\*The information in this guide is meant to empower you with knowledge, not replace personalized medical care. Every woman's fertility journey is unique. Please use these insights as a starting point for conversations with your trusted healthcare provider before making changes to your labs, supplements, or treatment plan.