



The following abbreviations and acronyms are frequently used on online support groups where women discuss their trying to conceive experiences.

2WW: Two week wait (before testing, not always 2 weeks)

AF: Aunt Flo, your period.

BD: Baby Dance. Have intercourse for conception purposes or by extension any form of insemination.

BFN: Big Fat Negative (pregnancy test)

BFP: Big Fat Positive (pregnancy test)

CD: Cycle Day

CH: Crosshairs- the lines drawn on the chart to indicate ovulation

CL: Coverline

CM: Cervical mucous, also known as cervical fluid.

CP: Cervical Position

DH, DD, DS: Dear Husband, Dear Daughter, Dear Son

DPO: Days Past Ovulation

EDD: Estimated Due Date

EWCM: Eggwhite cervical mucous. See Eggwhite cervical fluid.

FSH: Follicle Stimulating Hormone

GnRH: Gonadotropin-releasing hormone

HPT: Home pregnancy test. Measures levels of the hormone hcG which are produced in pregnancy.

HcG: Hormone detected by pregnancy tests. Human Chorionic Gonadotropin.

IUI: Intra-uterine insemination

IVF: In-vitro fertilization

LH: Luteinizing Hormone

LMP: Last menstrual period. The first day of your last period.

LOL: Laughing out loud

LP: Luteal Phase

LPD: Luteal Phase Defect

M/C: Miscarriage

O: Ovulation

OPK: Ovulation Prediction Kit. OPKs measure luteinizing hormone, the last hormone to peak before ovulation.

POAS: Pee on a stick

RE: Reproductive Endocrinologist- Fertility Specialist

TTC: Trying to conceive.