More helpful information

If you have had no periods or very few periods over the past 3 to 6 months, see your doctor.

If you are not pregnant after trying for 12 months (or if over 35yrs 6 months), see your doctor.

If improving your lifestyle has not achieved a pregnancy then your doctor will discuss treatment options.

The most common treatment is tablets such as letrozole, clomiphene citrate and metformin. Surgery and injections are also options.

Being as healthy as possible when becoming pregnant may reduce your risk of possible problems during pregnancy such as gestational diabetes.

For more information about PCOS and fertility go to: AskPCOS Visit yourfertility.org.au or varia.org.au