

Top 12 tips to boost your fertility

Fertility guide

Table of contents

Having trouble?.....	3
Top tips for falling pregnant.....	4
Getting off the pill.....	5
Use an ovulation calendar.....	6
Have sex regularly near ovulation.....	7
Sex tips: What works best?.....	8
Make changes to your diet.....	9
Achieve your target weight.....	10
Limit your stress.....	11
No smoking.....	12
Limit alcohol.....	13
Limit caffeine.....	14
Check your medications with your health care professional.....	15
Be careful with lubricants.....	16
When to seek help?.....	17
Free chat with a fertility nurse.....	18

Having trouble?

If you haven't fallen pregnant naturally within 6-12 months of trying, it might be the time to learn more. Many couples may experience difficulty falling pregnant, with 1 in 6 Australian couples struggling to conceive a baby. The reassuring news is that there are a lot of options available today to assist struggling couples.

Will you need IVF?

Not everyone who struggles to fall pregnant will require IVF (In vitro fertilisation). Many couples fall pregnant naturally with the help of a Fertility Solutions IVF Fertility Specialist or after trying a number of simple fertility techniques such as ovulation tracking or ovulation induction. [IVF just so happens to be the most well-known and most effective technique to achieve a pregnancy but it shouldn't necessarily be your first step].



Top tips for falling pregnant

There are a few simple things you can do to increase your chances of falling pregnant naturally.

Whilst the following suggestions might not seem like big changes, getting your body and your partner's body ready is the first step to becoming pregnant.

1. Getting off the pill

If you've been taking a birth control pill for several months (or years), it is best to stop taking the medication a few months before attempting to conceive. By allowing your body to re-regulate, you'll be able to get into a normal ovulation cycle, which will help your body properly prepare for a pregnancy. The same goes for any contraceptive implant. But note that it may take some time for your cycle to return to normal.



2. Use an ovulation calendar

One of the trickiest things about falling pregnant is knowing exactly when you're ovulating, especially if you haven't been tracking your menstrual cycle.

Start by tracking when your period begins on a calendar (or via the many apps available). Day 1 will be the first day of your full flow period and the last day will be the day before your next period begins.



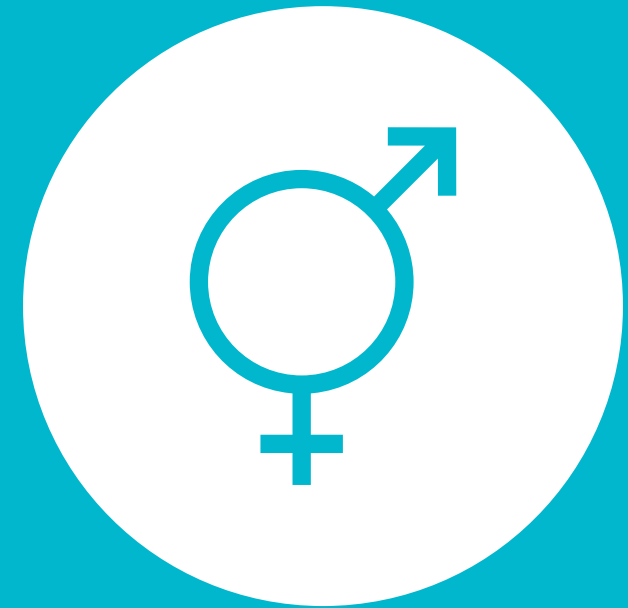
3. Have sex regularly near ovulation

Having sex regularly as your ovulation approaches can help dramatically increase the likelihood of conception. Try to have sex at least every second day (or every day if that suits you) in the three days leading up to and including ovulation.



4. Sex tips: What works best?

Despite what the myths and old wives tales tell you, one sexual position isn't better than another when trying to fall pregnant. The position that works best is the one that's most comfortable for you and your partner. Achieving an orgasm isn't necessary either. While it doesn't hurt to lie on your back for a few minutes after sex, there is no evidence to suggest this is necessary.



5. Make changes to your diet

Keeping your body as healthy as possible will help improve your overall chances of falling pregnant.

Ensure you have a healthy diet that includes a range of fruit and vegetables each day and good quality protein, such as lean meat, fish, eggs and pulses (e.g. beans, lentils). In addition, complex carbohydrates, whole grains and plenty of calcium (preferably in the form of low fat dairy products) is recommended. It's best to avoid excessive additives such as artificial colours, flavours and preservatives.

Also keep to a relatively low fat diet and include mainly healthy fats such as olive oil is recommended.



6. Achieve your target weight

Being overweight can affect your chances of falling pregnant. Being overweight can cause hormonal imbalances that trigger problems with ovulation and the menstrual cycle. Being underweight can also reduce female fertility as well. An ideal body mass index (BMI) is 25. To calculate your BMI, divide your weight (kg) by your height (m)² or [click here](#).

Healthy eating and regular exercise (without excessive activity) can help boost your fertility. Moderate exercise, even in the absence of weight loss, has been shown to improve the likelihood of conception.



7. Limit your stress

Maintaining a positive mindset can also improve your well-being and your chance of a successful pregnancy. In our busy lives an element of stress is inevitable, but it is how we deal with our stress that matters. If you have a stressful job or have some stressful situations coming up, try and unwind as much as possible. Meditation, yoga and active hobbies are all useful tactics. Trying to fall pregnant can also add another layer of stress. As difficult as it might be, try not to focus on trying to conceive and let your mind relax as best as it can. Excessive stress can sometimes pause or delay your ovulation, or even cause your cycle to become somewhat irregular.



8. No smoking

Smoking can affect the fertility of both males and females, causing erectile dysfunction and increased DNA damage to both the sperm and eggs.



9. Limit alcohol

Women should ideally stop drinking alcohol while trying to conceive and during their pregnancy, while men should aim to keep to current “safe drinking guidelines” – average two drinks/day maximum, with several alcohol free days each week and no more than four standard drinks in one session.



10. Limit caffeine

Both men and women should ideally aim for less than 200mg of caffeine a day, which equals 1-2 coffees or glasses of cola/energy drinks, or 2-3 cups of tea. If you need to reduce your caffeine intake per day, do so slowly to reduce the impact of withdrawal symptoms.



11. Check your medications with your health care professional

While some medications are harmless there are some medications that can reduce your chances of becoming pregnant. This also includes over the counter medications. To be safe, be sure to check with your health care professional. Similarly, let your pharmacist know you are trying to conceive and ask them for the best alternative.



12. Be careful with lubricants

Some lubricants have been shown to reduce the mobility of sperm. You might want to consider using a lubricant with a natural mineral oil or canola oil base. Otherwise, talk to your health care professional or pharmacist about alternatives.

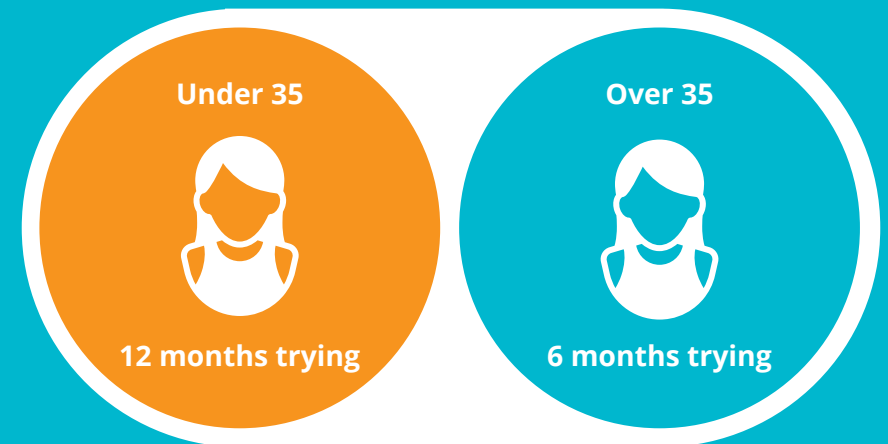


When to seek help?

If you've been trying to fall pregnant, it's important to give nature the opportunity to run its course before seeking outside assistance. If you're under the age of 35 and have been trying to conceive for over 12 months, a fertility consultation might be a helpful step in your journey. Likewise, if you're over the age of 35 and you've been trying to conceive for 6 months or longer, a specialist can help you identify any issues or problems you might be having.

Get answers

When it comes to fertility treatment options, the first step is consulting with a Fertility Solutions IVF fertility specialist. Whether you are suffering from a hormonal imbalance, irregular periods, endometriosis, PCOS, or dealing with a low sperm count – starting with a proper understanding of what's going on with your reproductive health is critical in determining your next steps and developing a personalised treatment plan.



Free chat with a fertility nurse



Still have questions? Have a free chat with an experienced Fertility Solutions IVF fertility nurse.
www.fertilitysolutions.com.au or call 1300 337 845

