



Enhancing Fertility to Achieve Pregnancy Patient Instructions

Lifestyle Tips to improve your fertility

The Fertility Diet: Chavarro & Willett (Based on research from the Nurses' Health Study)

10 tips to improve your fertility

- Avoid trans fats
- Use more unsaturated vegetable oils like olive oil or coconut oil and avoid vegetable oil and canola oil
- Eat more vegetable protein, like beans & nuts and choose lean animal protein, such as fish, chicken, or good cuts of beef
- Choose whole grains and complex carbohydrates like beans, whole fruits, vegetables instead of white rice, white bread, potatoes, and refined sugars and sweets
- Switch to FULL FAT DAIRY, drink a glass of whole milk or a serving of full fat yogurt daily
- Take a multivitamin daily with folic acid
- Get plenty of iron – from fruits, vegetables, beans (less from red meat)
- Drink lots of water; limit caffeine to 2 per day; avoid soda, both regular and diet increase risk for diabetes
- Healthy weight: if you are overweight, try & lose 5-10% of weight
- Physical activity – Start off exercising 3 times a week, such as walking vigorously for 30 minutes, and add a day each week. Work your way up to exercising 4+ days per week for 30 minutes if normal weight (45-60 minutes if you need to lose weight).

Additional supplements

- Prenatal vitamin daily with folic acid
- Vitamin D 1000 units daily (in addition to prenatal vitamin)
- At least 1000 mg of calcium daily in either diet or supplement (1 dairy serving = 300 mg of calcium)
- No aspirin, ibuprofen, naproxen; acetaminophen (Tylenol) is okay

Sleep

- Has an effect on fertility!
- Room should be dark
- Ideal is 7-8 hours per night
- If trouble getting to sleep or staying asleep, trial of melatonin 3mg or 6mg nightly (natural sleep hormone, regulates sleep/wake cycles), can be found over the counter

Support (emotional/spiritual)

- "God gave you each other first"
- Use healthy ways of dealing with stress including walk, talk, pray
- See a counselor if you need additional support besides family and friends

Optimal Cycles include:

- Good mucus
- Enjoyable intercourse during times of peak fertility, which is the first day of good mucus plus the next 2 days
- Good hormones (blood test at peak plus 7)
- Normal bleeding pattern
- PMS controlled and energy good

Mucus enhancers:

1. Vitamin B6 500mg sustained release daily (or twice daily if short acting formula)
2. Fertile CM (picture below, can find on Amazon), 2 tabs three times daily from peak-6 through peak+2.
3. Mucinex 500mg twice daily from peak-6 through peak+2.

**Can add prescription options if results not achieved with the above.

