

Pre-treatment advice

You can help yourself to increase your chance of conception whether naturally or through assisted conception treatment.

Diet

A well balanced diet is generally important. Make sure that you eat a reasonable amount of protein (meat, fish and eggs), carbohydrates (rice, pasta and bread) as well as fruits and vegetables. Fresh fruits and vegetables are rich in vitamins. Folic acid is particularly important as it was found that taking 400 ug daily starting before pregnancy would reduce the risk of your baby having spina bifida (a neural tube defect at the lower part of the spinal column). Pre-pregnancy vitamin tablets usually contain enough amount of folic acid.

Being considerably overweight might mildly reduce your chances of success and make the procedures technically difficult. It is ideal if loose some weight prior to your treatment.

Smoking

Smoking adversely affects chances of conceiving. It reduces both male and female fertility. You are strongly advised to stop smoking well ahead of your treatment.

Alcohol

There is no harm in having a drink occasionally. There is recent evidence that drinking even in moderation might adversely affect the outcome of pregnancy. To be on the safe side it is better to reduce drinking to the minimum or even stop it prior to try to conceive. Men should avoid binge drinking as this is particularly harmful to sperm production. Sperm take about 3 months to mature and it is important to improve your life style before starting treatment.

Drugs

Illegal drugs adversely affect the fertility potential for both male and female partner. They also reduce the chances of the successful assisted conception treatment and out come of pregnancy. You should stop all these drugs before you plan for conception.

Testicular Heat

The scrotum hangs outside the body because the testicles need to be a few degrees cooler than the rest of the body for normal sperm production. There are several tips to help keep your testicles cooler:

Avoid briefs and wear shorts

Avoid saunas and hot tubs

Avoid tight jeans or pants

Stress

Stress in itself is not a bad thing. If it becomes overwhelming it can affect your ability to cope with treatment and may prevent you from getting the best out of your every day life. The exact influence that stress has is not known, but excessive stress might reduce your chances of successful treatment. Seeing a counsellor or talking to our staff may help reduce your anxieties and relieve some of your stress. If you have any worries or concerns, do please let us know.