

Recommendations for the female partner of couples with infertility

- If you are overweight, try to lose weight to help with natural and assisted fertility outcomes.
 - BMI below 40 is recommended.
 - For your safety, BMI must be below 39.9 to undergo IVF treatment.
 - BMI between 40 – 44: non IVF fertility treatment is available with a weight loss program.
 - BMI 45 or greater: will need to seek weight loss assistance to reduce BMI prior to starting fertility treatment. **If needed, please feel free to call our office for referral to a weight loss program.*
- Do not smoke cigarettes, cigars or marijuana. Do not use e-cigarettes or any vaping products.
 - Smoking in women lowers IVF success rates by 30% to 50%.
 - After stopping smoking for 3 – 6 months, success rates return to almost non-smoker levels.
 - Avoid second hand smoke which can also lower fertility treatment success.
- Limit alcoholic drinks to 4 or less per week to improve your success.
 - Women who do not drink or greatly lowered their alcohol intake doubled their IVF success.
- Eat a healthy diet high in Omega-3 including berries and other fruits, broiled or grilled fish and less red meat.
 - Eat organic products whenever possible.
- Do not drink more than 1 cup of coffee per day, preferably decaf, to improve pregnancy rates.
- Do moderate exercise 3 – 4 times per week, avoiding exercising to exhaustion.
- Take a prenatal vitamin with at least 1 mg (1000 mcg) of folic acid.
- Do not have Botox treatment.
- Do not use any “natural” fertility enhancing products, many of which contain hormones that could work against what may be ordered for your treatment.
- Serotonin Reuptake Inhibitors (SSRI), common anxiety medications may need to be reduced or stopped under guidance from the prescribing provider.
- Manage stress whenever possible—higher stress is linked to lower fertility.
 - If you enjoy acupuncture or massage therapy, you may continue these treatments if they lower your stress and anxiety.

Recommendations for the male partner of couples with infertility

- If you are overweight, work to lose weight to improve male hormone production.
- Do not smoke cigarettes, cigars or marijuana. Do not use e-cigarettes or any vaping products.
 - Smoking in men lowers IVF success rates by 20%.
- Limit alcoholic drinks to 4 or less per week to improve your success.
- Do not drink more than 3 cups of coffee per day.
 - More than 3 cups a day can raise sperm DNA fragmentation.
- Eat a healthy diet high in Omega-3 including berries and other fruits, nuts 2 oz. per day, broiled or grilled fish and less red meat.
 - Eat organic products whenever possible.
- Do moderate exercise 3 – 4 times per week, avoiding exercising to exhaustion.
 - Avoid bicycling more than or equal to 5 hours per week which lowers sperm count and motility.
- Take an over the counter male multivitamin and Coenzyme 10 200 mg daily to lower sperm DNA fragmentation.
- Frequent ejaculation (every 2 – 3 days) improves sperm quality.
- If you are on a calcium channel blocker for high blood pressure, check with the prescribing doctor and have your medicine changed to a non-calcium channel blocking agent.
- Serotonin Reuptake Inhibitors (SSRI), common anxiety medications, may need to be lowered or stopped under guidance from the prescribing provider as these can cause an increase in sperm DNA fragmentation.
- Do not use any testosterone products, as they will cause sterility over time.
- Avoid keeping your legs crossed or together for long periods of time.
- Manage your stress whenever possible—higher stress is linked to a lower sperm count, motility, volume and increased DNA breakage.