

TOP TIPS FOR IVF SUCCESS

**Knowledge is Powerful on the Path to Conception
More Knowledge. More Empowered. More Successful.**

Research

The medical intervention for IVF is too important for you to not take the time to understand facts about the clinic/s you may be considering:

- How long has the clinic been performing IVF cycles, specifically?
- How many IVF cycles does the clinic/ your Doctor perform each year?
- What is the IVF success rate on 1 to 3 attempts? (incase the first attempt is not positive)
- Does the clinics website have positive reviews?

Your Doctor is there as a specialist to answer your questions to your satisfaction. Once you have decided to move forward with a Doctor you also need to trust his expertise and allow him to do his job.

Don't Delay

If you have been trying to conceive and/or have been advised that you may need IVF, don't delay the treatment. 1 in 3 women over the age of 35 have problems trying to conceive. Make the appointment and/or move forward with the IVF rather than waiting.

Sperm Health

Studies show that male fertility is on the increase and responsible for up to about 35% of all infertility cases presented to a specialist. Ensure your partner's sperm is tested. He should also begin a healthy lifestyle approach as soon as possible before the IVF cycle, to optimize his sperm quality and quantity.

Finances

Ensure that you get a complete quote for the entire IVF process, including the "possible" costs. These would include things like embryo freezing if you have excess embryos etc. You can also check whether there are any discounts should you need, or be undergoing a second attempt

Weight

If you or your partner are under or overweight you should address this with adjustments to your diet. You should have a BMI (Body Mass Index) between 18 and 30 (check the clinics guidance) You can Google "BMI calculator" to check your BMI.

Lifestyle

There may be lifestyle changes that you need to make to optimize your chances of a successful IVF and healthy pregnancy.

- Quit smoking which can affect IVF results.
- Get enough sleep (7-8 hours per night) to give you the sustained energy you need.
- Monitor your alcohol intake. If you cannot quit alcohol over the IVF, which is recommended, limit alcohol consumption to less than 4 units a week.
- Exercise does not need to be intense, in fact gentle movement like walking 15-20 minutes about 4 times a week is sufficient to get the relaxation and other benefits. It is not advisable to start a new intensive exercise program because you are embarking on IVF.

Relaxation

It sounds counter intuitive to suggest relaxation when you are embarking on a stressful path! All the more reason to incorporate stress-reducing activities into your lifestyle. Embryos thrive in a relaxed body without high levels of the stress hormone, Cortisol. There are many ways to reduce stress: Support from a partner, friend or support group (Facebook have many,) meditation & mindfulness, sleep and anything that you enjoy that allows you to relax. For some it's simply a massage. Self-care is important to bring the best of yourself forward for this exciting journey.



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