

Top 10 Conception Tips for him and her



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TOP 10

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- 1.** Adopt a healthy lifestyle. Limit alcohol (women 1-2 units and men 4 units a week), caffeine (1-2 coffees a day) and excessive exercise.
- 2.** If you are known to have a medical condition, such as diabetes or thyroid disease, see your GP who can ensure everything is well controlled.
- 3.** Women should take folic acid (0.4 mg) for at least 12 weeks before pregnancy, as this reduces the chance of spina bifida by 50-70%. Some women require a higher dose (5 mg) which their GP must prescribe.
- 4.** Women should take Vitamin D supplements (10 mcg).
- 5.** Have regular sexual intercourse, every 1-3 days, as this increases your chances and because long periods of abstinence can reduce the number of sperm and their motility.
- 6.** The fertile window is usually the 6 days up to the day of ovulation. While ovulation usually happens 14 days before the next period, it can vary from cycle to cycle, even in women with regular periods. Use temperature charts, urine tests, and cervical mucus kits to find your 'window' but then try naturally as they can become intrusive.
- 7.** Different sexual positions, orgasm and bed rest after intercourse make no difference to your chance of conceiving. Some lubricants might even decrease the sperm quality and are best avoided.
- 8.** Smoking reduces your chances of conception. This is true for both men and women and for e-cigarettes. We know it is hard to quit but support and advice is available. Your GP will know more.
- 9.** Being very thin or overweight can affect your fertility so aim for a BMI of 19-25. Women outside of this range may stop ovulating and women with a BMI over 30 take longer to conceive. Sensible eating and exercise, with support from your GP or dietician, will help you get in the best possible shape to conceive.
- 10.** Keep in mind that falling pregnant is, to some degree, a numbers game. A young, healthy couple have around a 25% to 30% chance of conceiving in the first few months and 80% conceive within one year. The good news is that at least half of those that don't will conceive in the following year. The odds are very much in your favour!