

Handy hints for making babies for men

A range of lifestyle factors can help enhance your fertility and chances of conceiving.

Don't smoke or do drugs	<ul style="list-style-type: none"> • Smoking and some recreational drugs can reduce sperm quality.
Reduce alcohol	<ul style="list-style-type: none"> • Decrease your alcohol intake to 20 units or less a week. Alcohol has also been shown to affect fertility.
Have a normal BMI	<ul style="list-style-type: none"> • Keep active and stay slim. Obese men have sperm counts on average 22% lower when compared to their slimmer counterparts. • Have a body mass index (BMI) lower than 28.
Keep testes cool	<ul style="list-style-type: none"> • Wear boxer shorts, not briefs, this helps the testes to keep cool. • Men in sedentary jobs can have poorer quality sperm because their testes are more prone to heating up. Keep your laptop off your lap! • Don't have a hot bath, sauna or spa too frequently.
Have a healthy diet	<ul style="list-style-type: none"> • Eat a diet with lots of healthy antioxidants. Foods rich in antioxidants can reduce the damage that free radicals can have on sperm. • Antioxidants are found in fresh vegetables, fruit, nuts, seeds, green tea and dark chocolate. • Health supplements, such as Menevit, containing antioxidants such as Vitamin C and E may help to improve sperm quality.
Medication	<ul style="list-style-type: none"> • Discuss any medication you are taking with your Doctor.

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Handy hints for making babies for women

There are some important changes you can make to your lifestyle that increase your chances of getting pregnant and having a healthy baby.

Have a BMI of 20 – 25	<ul style="list-style-type: none"> • A healthy body mass index (BMI) is associated with better fertility. • Pregnancy in overweight women is associated with problems such as diabetes and high blood pressure. • Eat healthily and undertake moderate exercise regularly.
Don't smoke or do drugs	<ul style="list-style-type: none"> • Smoking halves the chances of conceiving each month and can also double the chance of miscarriage.
Take folic acid and multi vitamins	<ul style="list-style-type: none"> • Take Folic Acid supplements when trying to get pregnant and up to 12 weeks into the pregnancy. • Folic Acid can help reduce the chances of spina bifida by up to 92%. Other minerals and supplements may also be useful. • Use iodised salt, as iodine is necessary for fetal brain development. • Avoid Vitamin A.
Reduce alcohol and caffeine	<ul style="list-style-type: none"> • Caffeine may reduce your chances of conceiving. • There is no safe limit of alcohol during pregnancy, so it's best avoided.
Medication	<ul style="list-style-type: none"> • Discuss all your medications with your doctor.
Rubella	<ul style="list-style-type: none"> • Make sure you have had a rubella immunisation. Rubella can damage unborn babies.

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