

Handy tips for boosting fertility: women

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Making certain lifestyle changes can improve your chances of conceiving and having a healthy pregnancy

Maintain a healthy BMI (20-25)

A healthy body mass index (BMI) of around 20-25 is linked to better fertility. Women with higher BMIs have a higher incidence of pregnancy-related complications such as diabetes and high blood pressure. Focus on a balanced diet and regular moderate exercise.

Take folic acid

Start taking folic acid supplements when trying to conceive and continue for the first 12 weeks of pregnancy. Folic acid can reduce the risk of spina bifida, a spinal birth defect, by up to 92%. Consider other minerals and supplements as well. Use iodised salt to ensure adequate iodine intake, which is essential for foetal brain development. Avoid products containing vitamin A.

Avoid smoking and drugs

Smoking can reduce your chances of conceiving each month and may increase the risk of miscarriage.

Reduce alcohol and caffeine

Caffeine may decrease your chances of conceiving and there is no safe level of alcohol during pregnancy, so it's best to avoid it.

Ensure rubella immunisation

Confirm that you've had a rubella immunisation well in advance of trying to become pregnant, as rubella can harm unborn babies.

Review medications

Consult your doctor about any medications you are taking.

Check immunity for chickenpox

Verify your immunity status regarding chickenpox, as it can also impact pregnancy.

Questions about fertility?

Book your Free Nurse Consult through our website for a friendly 20 minute chat with one of our experienced fertility nurses.



Handy tips for boosting fertility: men

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

Maintain a healthy BMI

Stay active and aim for a body mass index (BMI) below 28. Men considered 'obese' on the Body Mass Index scale have on average 22% lower sperm counts than those with a healthier weight.

Follow a healthy diet

Incorporate plenty of antioxidants into your diet, as they can protect sperm from damage caused by free radicals. Antioxidants are found in fresh vegetables, fruits, nuts, seeds, green tea, and dark chocolate. Consider health supplements like Menevit, which contain antioxidants such as vitamins C and E, to help improve sperm quality.

Limit alcohol intake

Reduce alcohol consumption to 20 units or fewer per week, as alcohol has been shown to affect fertility.

Keep testes cool

Opt for boxer shorts over briefs to help maintain a cooler testicular temperature. Men in sedentary jobs may have poorer quality sperm because sitting down a lot can cause the testes to be prone to heating up. Keep the testes away from excess heat - avoid placing laptops directly on your lap and limit exposure to hot baths, saunas, or spa sessions.

Avoid smoking and drugs

Smoking and certain recreational drugs can negatively impact sperm quality.

Review medications

Consult your doctor about any medications you are taking.

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