## Fertility Green Prescription

## Maximise your chances of conception, a healthy pregnancy and healthy baby

		How you score		What you can do
Age	!	30 and younger: optimal chance of pregnancy 30-34: relative chance per month reduced by a quarter 35-39: relative chance per month reduced by half 40-43: relative chance per month reduced by three quarters 44 and older: very low chance Men's age is also important, especially after 45.		You can't change your age, but you can make best use of the time you have: seek expert advice. Consider age when planning your future family. Fertility treatment can't overcome age.
Timing of sex		I know my fertile time I don't know or I'm not sure of my fertile time		The best time for sex is 1-2 days before ovulation. Learn how to check for fertile mucus and to use basal temperature to confirm ovulation. Consider urinary fertility tests if unsure.
Weight	!	BMI: 19-25  BMI: 26-32  BMI: 32 or more  BMI: less than 18: Increased chance of ovulation problems (female partner)	Being overweight or obese can reduce fertility and increase problems in pregnancy, Obesity in men may reduce sperm quality and increase the risk of erection problems.	Even modest (5kg) weight loss plus moderate exercise may restore ovulation if you are overweight and have irregular periods. It will also help If your need treatment. A good diet, exercise and a normal BMI is good for your pregnancy and you child's long-term health.
Alcohol	!	Not drinking while trying to become pregnant  Drinking while trying to become pregnant  Drinking while pregnant	Alcohol can reduce fertility, increase the risk of miscarriage, and impair the baby's brain development.	Avoid alcohol and recreational drugs when you are trying to become pregnant. Stop at least 3 months before trying. Caffeine (coffee, many teas, energy drinks) may reduce fertility in men and women, so avoid it or reduce to one cup a day.
Smoking	!	I have never smoked  I don't smoke anymore  I smoke	Smoking halves the chance of pregnancy per month, reduces blood flow and nutrition to the foetus, and can affect long term health of the child. In men, smoking damages the DNA in sperm.	The adverse effects of smoking on fertility are reversed by 3 months after stopping – so stop well before trying to get pregnant. Beware of the potentially toxic chemicals in your life – consider pesticides, plastics and cosmetics.

If you score a ! you won't be eligible for publicly funded fertility treatment in New Zealand.

Turn over for more information on timing sex for conception and nutritional advice to improve your fertility and maximise your baby's health.

