

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	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.
		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.	
Timing of sex		I know 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.
		I don't know or I'm not sure of my fertile time	
Weight		BMI: 19-25	Even modest (5kg) weight loss plus moderate exercise may restore ovulation if you are overweight and have irregular periods. It will also help if you need treatment. A good diet, exercise and a normal BMI is good for your pregnancy and you child's long-term health.
		BMI: 26-32	
	!	BMI: 32 or more BMI: less than 18: Increased chance of ovulation problems (female partner)	
Alcohol		Not drinking while trying to become pregnant	Alcohol can reduce fertility, increase the risk of miscarriage, and impair the baby's brain development.
		Drinking while trying to become pregnant	
	!	Drinking while pregnant	
Smoking		I have never smoked	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.
		I don't smoke anymore	
	!	I smoke	

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.

