

### **FERTILE Lifestyle Guidelines**

Quit smoking cigarettes, marijuana and taking recreational drugs.

Ideally quit alcohol particularly if you have been struggling to conceive for over 12 months.

Check any over counter drugs (for example for headaches, cold and flu etc) with your doctor to make sure they are safe to take them when trying to conceive and during pregnancy.

Check all prescription medication you are taking with your doctor to ensure it is safe to take when trying to conceive and during pregnancy?

Check all supplements, herbs or anything else you take with your doctor to ensure it is safe to take when trying to conceive and during pregnancy.

Ideally quit coffee, decaffeinated coffee, black and green tea and foods that contain caffeine, particularly if you have been struggling to conceive for over 12 months.

If you are overweight or obese aim to get into a healthy BMI range.

If you are female aim to get your waist to hip ratio below 80cm

If you are male aim to get your waist to hip ratio below 90cm.

If you are struggling to get into a healthy BMI or lose weight, aim to lose just 10% of your current weight.