



*ivf success plan*

helping you have your baby

## Preparing for IVF: How to Increase Your Chances of Success

Tips you can use now to boost your chances.

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## Introduction

Preparing for IVF is vital to give yourself the best chance of success. Science has shown that there are many things we can do to increase the likelihood of a positive result.

In this checklist I have listed some of the things proven to help. The tips are designed to be helpful for both men and women.

Before taking any of the steps it is important that you discuss them with your doctor. By working as a team you will give yourself the best chance of succeeding.

### Our minds

- write down your goal in as much detail as possible. Visualise the outcome through your own eyes
- think ahead to any obstacles that might arise between now and then. Write each one down
- for each obstacle work out different ways of dealing with it and write these down
- plan a few different stress-relieving activities that you can do during your treatment and then be sure to actually do them!

### Nutrition

- avoid eating heavily processed and refined foods
- eat lots of fresh fruit and vegetables and a healthy balance of lean meat and fish

### Toxins

- avoid busy roads

- steer clear of “urban canyons”, areas with tall buildings that can trap pollution
- check local pollution forecasts and avoid areas forecast to have high pollution
- eat organic
- scrub fruit and vegetables under running water
- remove outer leaves of leafy produce
- use the [Environmental Working Group’s Shopper’s Guide to Pesticides in Produce](#) to ensure any non-organic produce is low in pesticide residues (and certainly try to avoid “The Dirty Dozen”)
- be very careful about food and drink packaging and the scented products you use

### Nutritional supplements

- take between 400 and 800mcg per day of natural form folate

### Bodyweight

- if you are overweight, don’t go on a crash diet
- eat healthy food (not too much), avoid junk and add in a form of exercise you enjoy and will persist with
- if you are underweight, don’t gain weight by eating junk

- consume a little more (healthy) food at each meal and snack on healthy calorie-dense food such as nuts and dried fruit. Also, try weight training 2-3 times per week

## What now?

For my wife and I having a family has been a long and winding journey. Success rates with IVF are low anyway and my wife's medical history reduced our chances of having a baby even further.

That's why I spent 5 years researching the things we could do to boost our chances.

Hopefully you now see how powerful lifestyle tweaks can be in improving your chances of having a baby. Thankfully, these tips are just a few of the science-backed lifestyle steps you can take to boost your chances. There are lots more. And many are even more powerful and easier to use.

I would like to share these discoveries to help you on your IVF journey. Go to [www.ivfsuccessplan.com](http://www.ivfsuccessplan.com) for more tips.

I wish you well.