

IMPROVING CHANCES OF NATURAL CONCEPTION

Besides treating specific problems you may have, there are simple steps to help conceive.

For both of you

- reduce stress and obesity
- have regular exercise
- do not smoke

For your husband,

- it is important to keep the scrotum “cool” – reduce chances of their being heated, squeezed or too retracted into the body, e.g.: wear loose underwear – such as “boxer” type, wear loose trousers, avoid “hot” places & crossing legs, have cool showers [on scrotum] and use a rattan seat cover with holes for car and office seat
- take antioxidants and Coenzyme Q10 / Ubiquinol (kiv: andriol 40mg bd)
- avoid soya and alcohol

For you, do not be pressured. You are more likely to get pregnant by taking due advise but continue to enjoy life and your marriage (& sex).

Take folic Acid 5mg daily and antioxidants and know when you ovulate for coital timing.

Ovulation can be more certain if you take **Clomiphene Citrate** 50mg to 200mg daily from day 2 of your menses for 5 days. If it occurs, ovulation is consistently 14 days before the next menses – thus, if you have a 28 day cycle - on D14, 30 day cycle – on D16, 33 day cycle – on D19, etc.

The **Ovulation Test Kit (LH kit)** is a simple lunchtime or morning sample urine test done from a few days prior to when you expect to ovulate. Once clomiphene has given you regular cycles, start this test on D12.

In each cycle, stop testing further if negative after 5 days or so. You may not ovulate every month – no problem, just try again next month!

When the test is positive, it means you will ovulate 36 to 48 hrs later.

It is best you have coitus 4 to 5 days before you ovulate and have again only when you ovulate (the night after the test becomes positive) and again two (not every night!) nights later. Sperms live for 48 to 72 hours within your body. Your egg survives for a few days.