



## Why you might have trouble conceiving?

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Causes of infertility are many and varied and involve male, female or a combination of factors. They include problems with:

- The production of eggs (ovulation)
- The production of normal sperm
- Female pelvic diseases such as endometriosis, damaged fallopian tubes, adhesions or fibroids
- Combination of male & female factors

In 10-20% of couples no cause will be found and this is called unexplained infertility.

## Improving your chances of conceiving

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Some simple tips to help you maximise your chance of conceiving include:

- As a female understand your menstrual cycle – the most fertile time is the five days leading up to ovulation. Ovulation usually occurs 2 weeks before your next period
- Regular intercourse 2-3 times per week
- Stop smoking, and any recreational drug use
- Healthy diet
- Regular moderate exercise e.g. walking, swimming three times weekly
- Alcohol in moderation
- A daily intake of 400ug folic acid
- Appropriate weight. An optimal body mass index of between 20 and 28 increases chances of pregnancy
- General Practitioner review of current medications and implications for pregnancy