



Preconception

C H E C K L I S T

Preconception Checklist

Supplements to Consider

- Prenatal Supplement:** Take a prenatal supplement containing folate or folic acid for at least 3-6 months prior to conceiving. Male partners should also take a multivitamin with antioxidants.
- Vitamin D3 supplement:** Taking a dose of vitamin D ranging from 600iu to 5000iu before and during pregnancy is recommended, with the average daily dose being 2000iu. Due to widespread vitamin D deficiency, it can be difficult to meet the daily requirement through diet alone, necessitating the need for supplements. However, it is recommended to get a 25 Hydroxy Vitamin D blood test to determine a safe and specific dosage for you before supplementing.
- Omega-3 Fatty Acids:** If you don't consume 2-3 servings of low-mercury fatty fish every week, it might be worth considering taking an omega-3 supplement. It's recommended to aim for a total of 1000mg of Omega-3s that includes both DHA and EPA. If you follow a vegan diet and are looking for a fish oil supplement, an algae-based option is a better choice than flax.
- B-complex vitamins:** B vitamins, such as B6, B12, and riboflavin, play a crucial role in energy production, brain function, and the creation of red blood cells. Additionally, they aid in maintaining a healthy nervous system and regulate hormone levels, which are vital for fertility and successful pregnancy. A sufficient intake of vitamin B6 is beneficial for hormone production, strengthening the uterine lining, and elevating progesterone levels, all of which can enhance the likelihood of conception. **Check your prenatal for vitamin B nutrients, as these are often included in their "active" forms in a quality supplement.**
- Probiotics:** Probiotics may play a role in promoting a healthy immune system and reducing inflammation, which could potentially lead to improved fertility and pregnancy outcomes. **In women**, probiotics may be beneficial in improving the vaginal microbiome by promoting the growth of helpful bacteria. This can create a favourable environment for conception and decrease the risk of infections that may impact fertility. **For men**, probiotics may help support sperm health by reducing inflammation and oxidative stress, which can negatively affect sperm function.
- Coenzyme Q10 (CoQ10):** An antioxidant that aids in protecting cells and promoting energy production. **In women**, supplementing with CoQ10 might enhance egg quality and overall fertility, particularly in those who are older. **For men**, CoQ10 may be beneficial in improving sperm motility, concentration, and morphology (shape and structure).
- Magnesium:** Magnesium plays an important role when trying to conceive, and throughout pregnancy. Discuss with your healthcare provider whether a supplement is necessary.
- Iron:** When trying to get pregnant, it's important to get enough iron, which is a key nutrient found in prenatal supplements. However, these supplements often use a cheaper form of iron that can cause constipation and other digestive problems. To avoid these issues, it's best to choose a prenatal supplement without iron and instead, take a gentle iron supplement based on your blood levels to reduce the risk of digestive discomfort.

ALWAYS CONSULT YOUR HEALTHCARE PROVIDER BEFORE MAKING CHANGES TO YOUR SUPPLEMENT REGIMEN.

Blood Tests

- Certain blood tests can provide valuable information about your overall health and fertility when trying to conceive. Some of these tests include:

Vitamin D Levels (This is not routine - ask your doctor to add this test)
Full Thyroid Panel
Iron Levels

Notes

If you have been trying to conceive for a while now and it seems to be taking longer than anticipated, it's advisable to schedule an appointment with your medical doctor without further delay.

Preconception Checklist

To-do List	Notes
<input type="radio"/> Track your menstrual cycle and ovulation. Start with Basal Body Temperature (BBT) charting.	
<input type="radio"/> Discuss any prescription medications with your doctor.	
<input type="radio"/> Stop recreational drugs + smoking, including cannabis.	
<input type="radio"/> Avoid sugary, processed foods that will spike your blood sugars. Blood sugar balance + insulin sensitivity are vital for healthy ovulatory function + fertility.	
<input type="radio"/> Include healthy fats, quality protein (especially fatty fish, lean meats + eggs), complex carbs + fibre at every meal.	
<input type="radio"/> Get as close to your ideal, healthy weight as possible. No crash dieting, or skipping meals.	
<input type="radio"/> Reduce caffeine intake and eliminate if possible.	
<input type="radio"/> Focus on your gut health through nutrition + lifestyle. Consider a probiotic supplement.	
<input type="radio"/> Reduce + then stop drinking alcohol. BOTH men & women.	
<input type="radio"/> Reduce your stress levels (BOTH men & women)- yoga/meditation/journaling.	
<input type="radio"/> Get plenty of quality sleep - 7-9 hours/night	
<input type="radio"/> Moderate exercise at least 3 x week. Yoga, meditation, pilates.	
<input type="radio"/> Enjoy more water + stay hydrated	
<input type="radio"/> Check vaccinations are up-to-date	
<input type="radio"/> Steer clear of harmful chemicals, environmental pollutants, and other toxic substances like synthetic chemicals, certain metals, fertilizers, and insecticides in both your home and workplace.	
<input type="radio"/> Learn about your family history in regards to fertility concerns, miscarriages, genetic conditions and birth defects.	
<input type="radio"/> Visit the dentist + dental hygienist regularly.	
<input type="radio"/> Book a preconception checkup with your medical family doctor.	

If it's taking longer than you expected to conceive, make an appointment with your medical doctor as soon as possible.

Women's Guide



Healthy Weight

Maintaining a healthy weight range can enhance your chances of conceiving and having a healthy baby. If you happen to be overweight, shedding a few pounds (around 3-5kg) can boost your fertility and minimize the likelihood of pregnancy-related complications.

Regular Exercise

Regular exercise improves overall health and can enhance fertility. It is recommended to engage in moderate to vigorous physical activity, such as brisk walking or jogging, for at least 30 minutes daily.



Nutrition

To prepare your body for a baby, consuming a nutritious and diverse diet is important. The Mediterranean diet serves as an excellent model for a balanced diet.

Smoking, Alcohol, Drugs

Smoking, alcohol, and recreational drug use can negatively impact fertility, potentially prolonging the time it takes to become pregnant. These habits can also compromise egg quality and have detrimental effects on the health of your future child.



Coffee

To increase your chances of getting pregnant, it's recommended to limit your caffeine intake to 200mg or less per day, which roughly equals to two cups of coffee. Consuming excessive amounts of caffeine might delay the process of conceiving.

Basal Body Temperature

Determining the optimal timing for conception can be challenging, so it's beneficial to begin monitoring your menstrual cycle to establish its length and to be aware of when you ovulate. A higher basal body temperature can be noted at ovulation, and some women observe a change in their vaginal discharge, which becomes clear, smooth, and slippery a few days before ovulation.



Women's Guide



Supplements

If you're looking to conceive and have a successful pregnancy, taking targeted supplements can help address any nutritional deficiencies and create a healthy environment. Maintaining adequate nutrient levels is essential for hormone health, optimal egg and sperm quality, and proper functioning of the reproductive system.

Environmental Pollutants

It's important to be mindful of the chemicals present in everyday products like cleaning supplies, personal care items, and plastic containers as they have the potential to interfere with women's reproductive health. To minimize the risk, opting for BPA-free plastics and natural, non-toxic personal care products is best. These small changes can go a long way in protecting your reproductive health and increasing the chances of a healthy pregnancy.



Dentist & Hygienist

It's important to prioritize your oral health, especially during pregnancy as gum disease can have negative impacts on both you and your baby's health. Make sure to schedule a dental check-up before trying to conceive.

Appointment With Family Doctor

It's important to prioritize your health before trying to conceive. Scheduling a visit with your GP can ensure that you are in optimal health and ready for pregnancy.



Vaccinations

Ensure that your vaccinations are up to date, to protect against potential infections that could negatively impact your baby's health.

Current Medical Conditions

Certain medical conditions, such as polycystic ovary syndrome (PCOS), endometriosis, diabetes, and sexually transmitted infections like chlamydia, can influence fertility. Seek guidance from your healthcare provider regarding any existing medical conditions and medications you're currently using.



Men's Guide

It takes approximately three months to generate new sperm, which is why making alterations to your diet and lifestyle **at least three months before conception** is important.



Weight

To increase your chances of having a healthy baby, it is important to maintain a healthy weight range. Being overweight can negatively affect sperm quality and reduce the likelihood of conception.

Exercise Regularly

Engaging in regular physical activity and maintaining a healthy diet can enhance sperm health and lower the likelihood of developing health issues such as diabetes.

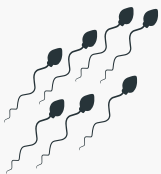


Nutrition & Supplements

When trying to conceive, having a healthy and balanced diet is crucial for the health of sperm. Along with specific supplements, this helps to provide essential nutrients, supports hormones, protects against oxidative stress, helps with weight management, and reduces inflammation, all of which contribute to better fertility.

Stop smoking, limit alcohol and avoid recreational drugs & Environmental Pollutants

Smoking, excessive alcohol consumption, and the use of substances like anabolic steroids (testosterone supplements included) can lead to fertility issues, harm sperm quality, and compromise the well-being of your future child.



Keep Testes Cool

It's important to maintain a cool temperature in your testicles to ensure the quality of your sperm. To achieve this, it's recommended to avoid activities that increase heat in that area, such as saunas, spas, and hot baths. Additionally, opting for looser-fitting boxer shorts can provide added ventilation and help regulate temperature.

Appointment With Family Doctor

Before attempting to conceive, it is crucial to prioritize your health. A visit with your family physician to ensure optimal health prior to pregnancy is recommended.

