

IVF Preparation

- A 7 or 10 day liver detox program will help to clear out your system and boost the liver's detoxifying capacity so that it is able to cope with the drugs that you will have to take during the treatment. Detox 3-4 weeks before beginning an IVF cycle.
- Do not smoke and avoid smoky atmospheres: smoking damages the lining of the uterus
- Try to avoid strenuous exercise, such as aerobics, or running. Your body needs rest as your hormonal system shuts down to prepare for IVF. Try gentle forms of exercise instead, such as walking or yoga.
- Avoid chocolate, sugary and processed foods, salty snacks, coffee, tea, cola and other carbonated drinks, and alcohol. These all counteract the beneficial effects of vital nutrients, and some have a diuretic effect.
- Drink at least 2 liters of water a day. Water is vitally important for every cell in the body and to ensure the drugs you are taking during IVF go where they need to go in the body.
- Eat about 60grams (2 oz) of protein a day. Insufficient protein in the diet can result in a reduced number of eggs.

Taking Supplements

Start taking your nutritional supplements at least 3 to 4 months before your IVF treatment commences.

- Vitamin B complex: will help your body cope with the stress of invasive procedures
- Vitamin C: 500 mg a day will help collagen production and is vital for wound healing following egg retrieval. There is some evidence to suggest that it may help to prevent miscarriage Reduce Vitamin C intake to 250mg before transfer
- Vitamin E: enhances healing, improve fertilization rates (choose the natural version, known as d-alpha-tocopherol)
- Zinc: promotes cell formation and wound healing after surgery and is vital for hormone production and implantation, plays a vital role in cell division
- Selenium: improve fertilization rates, prevents chromosome breakage
- Magnesium: improve fertilization rates
- Folic Acid: prevents spina bifida, produce DNA and RNA, (you also need to take B12)
- CoQ10: improve blood flow, enrich endometrium, may improve fertilization rates
- Essential Fatty Acids: (we strongly recommend to use the brand Nordic Naturals), improve blood viscosity, mood support, DHA: form body tissue, essential for brain development in a fetus
- Bromelain (pineapple & pineapple core) to help with implantation.

Other Tips

- Arnica: this homeopathic remedy may help prevent damage to internal tissue. Take the remedy 4 times daily (6c potency) from day before retrieval until after the transfer of embryos into the uterus.
- Use a hot water bottle to keep the abdomen warm and assist healing
- Rest as much as you can in preparation for placing of the embryos in the uterus. Rest will aid in recovery and healing.
- Practice deep breathing and relaxation techniques to encourage good blood flow and energy around the body.
- After the transfer, rest for a minimum of three days. Activity diverts blood to your extremities and vital organs, while lying down allows blood to flow to the endometrium.
- During the two week wait, you must avoid:
 - Caffeine, tobacco, alcohol, drugs
 - Heavy lifting
 - Strenuous exercise, including housework
 - Bouncing activities, such as horseback riding
 - Sun bathing, sauna, hot tubs, Jacuzzis, hot baths
 - Swimming
 - Sexual intercourse