



## GENERAL PATIENT INFORMATION FOR COUPLES UNDERGOING IVF /ICSI

You will be asked to comply with the following restrictions during treatment.

### General Recommendations for Female Partner

**MEDICATIONS:** You should continue to take the Pregnacare conception and low dose aspirin given to you, the folate in the Pregnacare is believed to decrease the risk of some birth defects involving the spinal cord. Ideally no other medications should be taken during an IVF cycle except those prescribed or approved by your physician, or paracetamol as needed for minor aches and pains.

**SMOKING:** Strictly advised against.

**ALCOHOL:** Please refrain from alcohol consumption, starting from the time of ovarian Stimulation.

**CAFFEINE:** Only 1 to 2 caffeine beverages per day.

**DIET:** Regular.

**INTERCOURSE:** In general, you will be asked to refrain 2 days prior to egg retrieval and until pregnancy determination following embryo replacement. If a male factor is present, abstinence of up to 4-5 days may be required.

**EXERCISE:** Please limit your exercise during an IVF cycle. Your normal exercise routine may usually be continued unless enlargement of your ovaries produces discomfort.

### General Recommendations for the Male Partner

**MEDICATIONS:** Please report medications ingested during the 3 months prior to and during your Treatment cycle

**HEAT:** Prolonged hot water bath and saunas should be avoided

**ALCOHOL /SMOKING:** Alcohol and cigarette smoking should be minimized and if possibly stopped prior to treatment, and at all times during the treatment cycle.

**EXERCISE:** In general, Please minimize or stop vigorous exercise prior to IVF treatment. This is especially true if a low sperm count is present.

**SPERM COLLECTION:** Abstain from intercourse for at least two days, but not more than four days prior to collection of semen for all analysis and prior to egg collection during treatment. If no male factor is present, please ejaculate on the day HCG is given to your wife.

