



## Reproductive Health Check-off Form

The outcome of reproductive treatments is, for the most part, determined **before** the treatment starts. Your lifestyle, type of diet, the level of stress in your life, your physical activity, and exposure to egg/sperm damaging factors play a **decisive** role in the probability of success.

Reproductive treatments require your **active** participation (both partners) in the process, starting as much in advance of the beginning of your treatment as possible. These treatments *cannot* improve the egg and sperm quality, but your close adherence to the following reproductive health requirements can result in an improved capacity of your eggs and sperm to result in a healthy baby.

It is essential that you start implementing these requirements as fully and **as soon as possible**, as it may take several weeks before there is an improvement in your fertility potential. Please see [BayIVF.com/Optimize](http://BayIVF.com/Optimize) for detailed information.

| Reproductive Health Factor  | Female Partner           | Male Partner             |
|---|--------------------------|--------------------------|
| • Stress management.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Exercising at least 30 minutes most days of the week.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Alive!® Women's Multi Max Potency multivitamins 3 tablets daily.<br>Alive!® Men's Multi Max Potency multivitamins 3 tablets daily.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Nordic Naturals ProOmega®-D Xtra 4 gels daily.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Integrative Therapeutics Vitaline® CoQ10 600 mg daily.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Decaffeinated green tea 1 to 3 cups daily.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • One oz. of <u>dark</u> (75% and higher) chocolate a day.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Organic berries daily.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Consume fresh organic fruits and an abundance of vegetables, especially large salads and cooked vegetables.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Fish from non-polluted sources ( <a href="http://bayivf.com/fish">bayivf.com/fish</a> ) several times a week.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Broccoli, cauliflower, spinach, kale, and collards several times a week.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Seeds and nuts daily.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Eliminate or minimize intake of <i>all grains</i> and foods <i>made of flour</i> : breads, pastas, pastry, cereal, dumplings, tortillas, chips, cupcakes, cakes, cookies, pancakes, puddings, muffins, crackers, tacos, pretzels, bagels, doughnuts, etc. | <input type="checkbox"/> | <input type="checkbox"/> |
| • Eliminate/minimize consumption of cane sugar: use herb sweetener Stevia, organic honey in moderation, organic cane sugar in <u>strict</u> moderation.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Eliminate consumption of processed meats.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Reduce/minimize consumption of red meats and saturated fat.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Avoid soybean, canola, sunflower, safflower, cottonseed, grapeseed, walnut, sesame, peanut, and vegetable oils.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Avoid soy products (tofu).  | <input type="checkbox"/> | <input type="checkbox"/> |
| • All corn and corn products must be eliminated.  | <input type="checkbox"/> | <input type="checkbox"/> |

|   |                          |                          |
|---|--------------------------|--------------------------|
| • Eliminate or minimize intake of fried foods.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • If you must have occasional fried food, use only ghee (clarified butter), avocado oil, light olive oil (not extra virgin), and coconut oil (not extra virgin).  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Avoid junk food.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Minimize consumption of potatoes and potato products.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Avoid BPA plastics especially bottled water in plastic containers.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Avoid canned foods.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Eliminate grilled, barbequed, broiled, and fried foods from your diet.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Alcohol consumption by both partners must be avoided both before and during treatment.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Caffeine consumption (coffee, caffeinated tea, soda) by both partners should be eliminated prior to and during your treatment.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Stay well hydrated (filtered water).  | <input type="checkbox"/> | <input type="checkbox"/> |
| • You must not smoke including exposure to second-hand smoke (minimum of 6 months before treatment starts).   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Floss <i>and</i> water-pick daily.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • Minimize exposure to VOC's: Do not drive a new car when trying to conceive, do not remodel your home or buy a newly constructed house. Do not stay in the proximity of artificial turf sports fields, do not dry-clean your clothes, eliminate air fresheners at home and in your car(s). | <input type="checkbox"/> | <input type="checkbox"/> |
| • From the beginning of your treatment, the male partner should ejaculate by intercourse or masturbation at least every 2-4 days.   | N/A                      | <input type="checkbox"/> |

Please email us at [care@bayivf.com](mailto:care@bayivf.com) or call Bay IVF at 650-322-0500 if you need any clarifications, encouragement, or have any questions.

A copy of this form can be downloaded from [BayIVF.com/LifestyleForm](http://BayIVF.com/LifestyleForm).