



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 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. Alive!® Men's Multi Max Potency multivitamins 3 tablets daily.	<input type="checkbox"/>	<input type="checkbox"/>
• Nordic Naturals Ultimate Omega® 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 (bayivf.com/fish) 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 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.