How to Increase the Chance of Pregnancy

1. Lots of intercourse
   - At least twice a week (not just Friday & Saturday)
   - Every day is fine
   - No lubricant except something sperm-friendly (e.g., Pre-Seed)

2. Try to target the fertile window
   - Cervical mucus observations
   - Basal body temperature shift
   - Ovulation test kit
   - ClearBlue® Fertility Monitor

Healthy living is important!

- Achieve and maintain a healthy weight
  - Eat a healthy balanced diet
- Take your vitamins (with at least 400 mcg of folic acid)
  - Male partners too!
- Stop smoking and minimize drinking
- Cut back on caffeine use
- Stay active
- Minimize stress (consider meditation, yoga)
- Minimize exposure to toxic substances (e.g., pesticides, household cleaners)

When to Seek Help from a Professional

Women under age 35
- After 12 months of regular well-timed intercourse
- If you determine that you are not ovulating

Women ages 35 and older
- After 6 months of regular well-timed intercourse