



GANESH TEST TUBE BABY CENTRE

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FEMALE INFERTILITY CARE GUIDE



Understanding Female Fertility with
Knowledge & Confidence

This guide is prepared with love to help you take better care of yourself between your visits. Please read it carefully and follow the advice given here. Always consult your doctor before making any changes to your treatment.

Female infertility has many causes, but many are treatable. Medical care combined with healthy lifestyle choices can improve outcomes.

FERTILITY-BOOSTING DIET FOR WOMEN

- **Eat a rainbow** – include 5 different coloured vegetables and fruits every day. Each colour provides different antioxidants that protect your eggs.
- **Folate-rich foods are essential** – spinach, methi, palak, broccoli, lentils, fortified cereals. Folate prevents birth defects and helps egg development.
- **Iron-rich foods** – dark leafy greens, dates, pomegranate, rajma, chana. Combine with Vitamin C (lemon juice, amla) to absorb iron better.
- **Calcium & Vitamin D** – dairy (dahi, paneer, milk), ragi, sesame seeds. Vitamin D is critical for egg quality – get 15 minutes of morning sunlight daily.
- **Omega-3 fatty acids** – walnuts, flaxseeds, chia seeds, fatty fish (if non-vegetarian). Omega-3 reduces inflammation and improves embryo quality.
- **Zinc** – pumpkin seeds, chana, eggs, cashews. Zinc supports ovulation.
- **CoQ10 rich foods / supplement (as prescribed)** – helps improve egg quality, especially in women above 35.
- **Avoid trans fats** – these are found in vanaspati ghee, margarine, fried snacks, and packaged foods. They directly harm egg quality.
- **Stay well hydrated** – 8–10 glasses of water. Good hydration helps cervical mucus production which is important for natural conception.



LIFESTYLE & EMOTIONAL CARE



- **Achieve and maintain a healthy BMI** – both underweight and overweight affect ovulation and fertility treatment outcomes.
- **Moderate exercise is ideal** – 30–40 minutes of walking, yoga, or light aerobics. Avoid intense marathon-level training as it can suppress ovulation.
- **Quit smoking immediately** – smoking drastically reduces egg quality and ovarian reserve. It also accelerates early menopause.
- **Avoid alcohol** – even moderate alcohol consumption reduces IVF success rates and impairs egg development.
- **Manage stress actively** – elevated stress hormones directly interfere with ovulation and implantation. Try yoga nidra, meditation, journaling, or counselling.
- **Sleep is non-negotiable** – aim for 8 hours. Melatonin (produced during sleep) is protective for eggs.
- **Reduce exposure to plastics** – avoid heating food in plastic containers (use glass or steel instead). Chemicals (BPA) in plastics mimic hormones and harm fertility.
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July 17 DURING TREATMENT (IUI / IVF / IVF-ICSI)

- **Take injections/medicines on time** – even 1–2 hour delays can affect follicle growth. Set alarms if needed.
- **Attend all monitoring scans on the dates given** – these track your follicle growth and adjust medication dose. Missing a scan can affect the cycle outcome.
- **Avoid strenuous exercise during stimulation phase** – enlarged ovaries are at risk of twisting. Gentle walking is fine.
- **Rest well on embryo transfer day and the next 2 days** – avoid heavy lifting, exercise, and sexual activity.
- **Avoid hot baths, steam rooms and saunas after embryo transfer** – heat affects implantation.
- **Continue prescribed progesterone support** – do not stop it without doctor advice even if your period starts.
- **Beta HCG blood test** – must be done on the exact date given. Do not do a urine pregnancy test before the advised date – it gives inaccurate results.
- **Inform the clinic immediately** if you experience severe abdominal pain, bloating, weight gain or difficulty breathing – these could be signs of OHSS (Ovarian Hyperstimulation Syndrome).

OHSS (OVARIAN HYPERSTIMULATION) – SIGNS TO WATCH

- Severe bloating / stomach looking enlarged.
- Nausea and vomiting that will not stop.
- Sharp pain in the abdomen.
- Difficulty breathing or shortness of breath.
- Reduced urine output – less than 4 times a day.
- Weight gain of 2+ kg in a day.

 ***If you notice 2 or more of these symptoms, call the clinic IMMEDIATELY. OHSS is treatable if caught early.***

 ***Please remember: Infertility is a medical condition – it is not your fault, and it does not define you. Stay positive, follow your treatment plan, and trust the process. Many couples who walked through our doors now celebrate their baby's birthday with us.***



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Your health is our priority. Call us anytime with
your questions — no query is too small.



This guide is for informational purposes only and does not replace
personalised medical advice from your treating doctor.

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