



GANESH TEST TUBE BABY CENTRE

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MALE INFERTILITY CARE GUIDE

Evidence-Based Guidance for
Male Fertility

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.

Male infertility causes nearly half of all infertility cases. With the right lifestyle changes, sperm health can improve in just 3 months.



DIET FOR SPERM HEALTH

- **Antioxidant-rich diet** is the single most important change. Antioxidants protect sperm from damage. Eat: tomatoes (cooked), carrots, amla, guava, spinach, berries.
- **Zinc is essential for sperm production** – pumpkin seeds, sesame seeds, eggs, meat, cashews, chana.
- **Selenium for sperm motility** – Brazil nuts (2 per day), sunflower seeds, brown rice, garlic, eggs.
- **Folate for sperm DNA quality** – spinach, methi, lentils, legumes.
- **Vitamin C daily** – 1 amla, 1 lemon in water, guava, or a Vitamin C supplement. Reduces sperm DNA fragmentation.
- **Vitamin E** – nuts, seeds, sunflower oil, leafy greens.
- **CoQ10 supplement (as prescribed)** – significantly improves sperm count and motility.
- **Eat adequate protein** – eggs, dal, paneer, lean chicken, soya. Protein provides amino acids needed for sperm production.
- **Walnuts (7–8 daily)** – specific studies show walnuts improve sperm morphology within 12 weeks.
- **Avoid processed meats (sausage, salami, hot dogs)** – linked to reduced sperm count.

•**Stay hydrated** – 10–12 glasses of water daily. Dehydration directly reduces semen volume.

🚫 WHAT TO AVOID

- Smoking** – reduces sperm count by up to 20% and causes severe DNA damage in sperm. Must stop completely.
- Alcohol** – even moderate drinking reduces testosterone and impairs sperm production. Avoid completely when trying to conceive.
- Tight underwear / jeans** – testes need to be 2°C cooler than body temperature to produce healthy sperm. Switch to loose cotton boxers.
- Prolonged hot baths, saunas, and steam rooms** – heat kills sperm. Avoid water above 36°C for baths.
- Laptop on the lap for long periods** – heat from laptop damages sperm. Place on a table.
- Mobile phone in trouser pockets** – move it to a shirt pocket or bag.
- Anabolic steroids / performance-enhancing supplements** – these directly shut down sperm production. Must disclose all supplements to your doctor.
- Recreational drugs** – marijuana, cocaine etc. have severe impact on sperm quality.
- Extreme cycling** – prolonged cycling (especially on narrow seats) reduces blood flow and compresses the testes.
- Stress and sleep deprivation** – both reduce testosterone and damage sperm quality.



EXERCISE & LIFESTYLE

- **30–45 minutes of moderate exercise 5 days a week** – walking, swimming, cycling (with proper saddle), yoga. This improves testosterone levels.

- **Maintain a healthy weight** – obesity is linked to lower testosterone and poor sperm quality.

- **Yoga poses that help** – Agni Sara, Ashwini Mudra, Setu Bandhasana, Viparita Karani (legs up the wall).

- **Sleep 7–8 hours** – testosterone production peaks during sleep.

- **Manage work-related stress** – stress hormones (cortisol) suppress testosterone.

REGARDING SEMEN ANALYSIS (SA)

- **Sample collection instructions are important** – abstain from sexual activity for exactly 2–5 days before giving a sample (not more, not less).

- **Collect sample at the clinic** whenever possible for most accurate results. **If collecting at home, use the sterile container** provided, keep it close to body temperature, and bring to the lab within 30–45 minutes.

- **One SA report does not tell the full story.** Sperm quality varies day to day. If one report is poor, a repeat test in **6–8 weeks** is advised.

- **Do not try to 'test' yourself with home pregnancy tests or random samples** – professional analysis with modern tools at a certified lab is the only accurate way.

DO THIS

- ✓ Switch to loose cotton boxers
- ✓ Walk 45 min daily
- ✓ Eat a handful of nuts & seeds daily
- ✓ Sleep 7–8 hours
- ✓ Take all prescribed supplements
- ✓ Drink 10–12 glasses of water
- ✓ Practice stress-relief daily

AVOID THIS

- ✗ Smoke or consume alcohol
- ✗ Wear tight underwear or jeans
- ✗ Use steroids or bodybuilding drugs
- ✗ Keep phone in trouser pocket
- ✗ Take hot baths > 36°C
- ✗ Sit continuously for long hours
- ✗ Take any unprescribed medicines

💙 ***Male fertility is not a reflection of masculinity. It is a medical issue like any other. With the right support, the majority of male infertility cases can be successfully treated or worked around. Your active participation in treatment makes all the difference.***



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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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