



GANESH TEST TUBE BABY CENTRE

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PCOS

WELLNESS GUIDE



Your Complete Reference for
PCOS/PCOD/PMOS Management

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.

PCOS (Polycystic Ovary Syndrome) / PCOD (Polycystic Ovarian Disease) is a very common hormonal condition in women of reproductive age. With the right lifestyle, diet and medical support, it can be managed very well.

DIET GUIDELINES

- **Eat balanced meals** – include whole grains (brown rice, oats, ragi, jowar), dal, vegetables and lean protein at every meal.
- **Choose low glycaemic index (low GI) foods** – they keep blood sugar stable. Examples: Oats, Brown Bread, Sprouts, Legumes, most vegetables.
- **Eat every 3–4 hours** – small frequent meals prevent insulin spikes.
- **Include healthy fats** – ghee (1 tsp/day), nuts (handful daily – almonds, walnuts), seeds (flaxseed, sunflower seeds), avocado.
- **Protein at every meal** – paneer, eggs, dal, chicken, curd, soya. This reduces cravings and manages weight.
- **Eat plenty of fibre** – raw salads, fruits with skin, sabji with sabut (whole) dal.
- **Good hydration** – drink 8–10 glasses of water daily. Jeera water or cinnamon water first thing in the morning is beneficial.
- **Anti-inflammatory foods** – turmeric milk, ginger, tomato, berries, green leafy vegetables.

FOODS TO LIMIT OR AVOID

- **White rice, maida (refined flour), white bread, sooji** – cause rapid insulin spikes.
- **Sugar, sweets, mithai**, packaged biscuits, cakes, pastries, cold drinks.
- **Fried foods** – samosa, pakoda, chips, namkeen.
- **Fruit juices and smoothies without fibre** – eat the whole fruit instead.
- **Alcohol and excessive caffeine** (limit to 1 cup tea/coffee per day).
- **Processed meats, ready-to-eat packaged** foods high in sodium and preservatives.

EXERCISE & LIFESTYLE

- **Exercise 45 minutes daily** – brisk walking, cycling, yoga, aerobics. Exercise improves insulin sensitivity, which is the root problem in PCOS.
- **Strength/resistance training 3 times a week** – very effective for hormonal balance.
- **Yoga for PCOS** – Surya Namaskar, Baddha Konasana (butterfly), Setu Bandhasana (bridge), Balasana are particularly helpful.
- **Maintain a healthy weight** – even 5–10% weight loss can restart regular periods and improve fertility significantly.

- Sleep 7–8 hours** – poor sleep worsens insulin resistance and hormonal imbalance.

- Stress management** – practice pranayama (anulom vilom), meditation or mindfulness 10 minutes daily. Stress raises cortisol which worsens PCOS.

- Avoid irregular sleep patterns** – sleeping and waking at the same time every day helps regulate your hormones.

MEDICATION & DOCTOR VISITS

- Take all medicines exactly as prescribed** – do not stop or change the dose without asking your doctor.

- Inositol (Myo-Inositol)** – often prescribed; take it daily with meals. It improves egg quality and insulin sensitivity.

- Track your menstrual cycle** on a period-tracking app (try Flo, Clue). Note the date, flow, and any symptoms. Bring this record to your appointments.

- Get your routine blood tests done on time** – fasting insulin, blood sugar (HbA1C), thyroid, AMH, testosterone, LH/FSH.

- Regular ultrasounds as advised** – ovarian cyst monitoring and follicle tracking.

- If you are trying to conceive, inform the doctor so treatment can be adjusted.**

WARNING SIGNS – CALL THE CLINIC IF YOU NOTICE

- Sudden weight gain of more than 2 kg in 1 week.
- Periods absent for more than 3 months.
- Sudden increase in facial/body hair or acne.
- Severe pelvic pain or very heavy bleeding.
- Feeling very thirsty, urinating frequently, or feeling dizzy.

 ***Remember: PCOS is not your fault and it is not a disease you have to 'suffer' from. Thousands of women with PCOS have healthy pregnancies and lead a completely normal life. Small consistent changes in diet and lifestyle make a HUGE 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
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