

Tips for Family Planning

- 1) **To increase chances of conception, have intercourse every other day during the mid cycle.**
- 2) **Get an examination by your doctor to ensure that you do not have any vaginal infections.**
- 3) **Use a basal body temperature chart to know when you are ovulating, this would happen just after the temperature drops 0.2 degrees.**
- 4) **Using a luteinizing hormone kit can help to determine ovulation.**
- 5) **Begin taking prenatal vitamins when you start thinking about getting pregnant. These contain folic acid and will help prevent neural tube defects.**
- 6) **Sperm counts are higher in men who do not use hot tubs and who do not smoke**
- 7) **Watch for your discharge to become clear and stringy mid cycle as this indicates ovulation is approaching.**
- 8) **Make an effort to eat balanced nutritional meals. Limit starchy carbohydrates such as breads, pasta, and potatoes and eat more fruits and vegetables.**
- 9) **Lying in bed on your back for 20 minutes after intercourse will increase your chances of conception.**
- 10) **If your cycle is regular, pregnancy should occur in six months, or at least one year of unprotected intercourse. If your cycle is irregular (not 25-32 days), call your physician to schedule an appointment.**
- 11) **When you miss your period, call the office for a prenatal visit.**