

Patient Guidelines

Your health and the health of your children depend on the following recommendations. If you have questions do not hesitate to discuss these in detail with Dr. Hutchison:

1. **Folic acid** - Patients considering conception or donation of eggs are recommended to take supplemental folic acid, such as a prenatal vitamin every day. Total daily intake of folic acid should be 800 to 1000 mcg per day. If you have difficulty taking vitamins please notify the office so that Dr. Hutchison can provide you with information to ensure you get the appropriate vitamin supplementation. *Patients with a family history of neural tube defects/spina bifida should take 4 mg folic acid daily.*
2. **Vitamin D** – Recent literature indicates that vitamin D deficiency may exacerbate the risk of gestational diabetes and other medical problems. For this reason I recommend that in addition to your daily prenatal vitamin which may contain 400-800 IUs of Vitamin D3 you take an additional 2000 IU of Vitamin D3 daily as most women (and men) have been found to be vitamin D deficient.
3. **Alcohol consumption** - If you are planning to become pregnant or donate your eggs, avoid alcohol completely. The standard recommendation is to avoid alcohol use completely for at least two months prior to conception or donation of eggs as alcohol consumption appears to decrease fertility for both genders.
4. **Tobacco use** - Complete avoidance of tobacco use is recommended. Tobacco use has been shown to decrease the chance of conception in IVF cycles by 50%; it is most likely responsible for a similar decrease in the chance of conception in less aggressive fertility treatments.
5. **Recreational drug use** - Avoid use of all recreational drugs including medical marijuana. Recreational drugs likely increase the metabolism of estrogen and testosterone, leading to decreased fertility for both genders; additionally, recreational drugs may contain incipient agents which are toxic to eggs and sperm.
6. **Nutrition** - Prior to egg donation or conception and throughout pregnancy it is important to avoid excessive intake of sugars and sweets. This may affect proper ovulatory function and will increase the risk of developing gestational diabetes.
7. **Weight** – Fertility is dependent on healthy weight and BMI*; see diet recommendations from Hana Feeney. Once you become pregnant obtain advice from your obstetrician on appropriate weight gain; gaining excessive weight is not healthy for you or the baby.
8. **Metformin** – If you are taking metformin at the time of conception you will need to talk with your obstetrician as to whether or not you continue this medication during your pregnancy.
9. **Zika Virus** – If you are planning to travel outside of the area please check the CDC web site and avoid areas where the Zika Virus has been identified. <http://www.cdc.gov/zika/geo/>

Patient Signature

Date

Spouse/Partner

Date

Signature of RHC Representative

Date

*Dr. Hutchison will discuss with you your ideal weight for optimal fertility.

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