

| MEDICATION or CLASS of MEDICATION | IMPACT ON FERTILITY | FERTILITY-FRIENDLY ALTERNATIVES |
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| <p>NSAIDs aka Non-Steroidal Anti-inflammatories: Ibuprofen (Advil, Motrin) Naproxen sodium (Aleve, Naprosyn) Aspirin Diclofenac</p> | <p>Blocks prostaglandin formation, which is essential for ovulation. Studies have shown a 75-93% decrease in rates of ovulation in women taking various types of NSAIDs at the time of ovulation. (European League Against Rheumatism. "Non-steroidal anti-inflammatory drugs inhibit ovulation after just 10 days." ScienceDaily. ScienceDaily, 11 June 2015.)</p> | <ul style="list-style-type: none"> - Epsom Salt bath or foot soak (the magnesium does wonders for muscle cramps or spasms as well as headaches Baths are relaxing in general) - Ice (for acute injury: you twisted your ankle walking in your new boots) - Heat (chronic, lingering discomfort like back spasms) - Yoga (back pain, arthritis, migraines) - Herbs (Many adaptogenic herbs have anti-inflammatory properties without compromising fertility. Of course consult with your medical provider prior to use.) Ashwagandha (neck and back pain, arthritis, restless leg - in conjunction with magnesium) Amla (anti-inflammatory, great option for arthritis or joint pain) Eleuthero (recovery from excessive physical training) - Omega 3s and vitamin D (anti-inflammatory properties - https://www.ncbi.nlm.nih.gov/pubmed/16531187) - Meditation - Acupuncture - HTFU (otherwise known as 'Harden the F*ck Up - some tough love coming at ya if things really aren't that bad) * NOTE: Aspirin may be recommended by your medical provider for various issues to help you conceive and maintain pregnancy. Please follow your provider's recommendations. |
| <p>LUBRICANTS</p> | <p>Many lubricants can damage sperm and impact sperm mobility</p> | <p>Specially developed lubricants have been designed for use when trying to conceive. One of the most popular is called PreSeed. However, many if not all of these use other not-so-fertility friendly ingredients to keep them shelf stable (such as parabens). Therefore, I caution against most of them. Remember to stay hydrated! Hydration as well as other supplements and oils (omega 3s, evening primrose oil, borage seed oil, and L-arginine) can support healthy cervical mucus production and decrease need for lubricants.</p> |
| <p>ANTIHISTAMINES (Benadryl, Zyrtec, Claritin, Allegra etc)</p> | <p>May decrease or alter cervical mucus, may impede ovulation (as histamine builds up in the follicle prior to ovulation)</p> | <ul style="list-style-type: none"> - Saline Nasal Spray, Xlear Nasal Spray, eat local raw and organic honey, essential oils, Neti pots |
| <p>ACETAMINOPHEN (Tylenol)</p> | <p>May lower LH and estradiol levels (Basal hormone levels in women who use acetaminophen for menstrual pain Cramer, Daniel W. et al. Fertility and Sterility, Volume 70, Issue 2, 371 - 373)</p> | <p>See recommendations for NSAIDs above</p> |

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| <p>PPIs/Proton Pump Inhibitors and H2RAs/Histamine 2 Receptor Antagonists (These are heart burn, ulcer and/or GERD/reflux medications such as Pepcid®, Pepcid® AC/RANITIDINE (Zantac®), Omeprazole/Prilosec)</p> | <p>1. PPIs - Men who take PPIs for prolonged periods of time show a 3 fold increased risk of having low sperm counts and decreased motility (Are Proton-Pump Inhibitors Harmful for the Semen Quality of Men in Couples Who Are Planning Pregnancy? NA Huijgen et al. Fertil Steril 106 (7), 1666-1672.e2. 2016 Oct 12.) Taking this medicine may deplete your supply of, increase your need for, or interfere with the activity of the following nutrients: beta-carotene folic acid thiamin vitamin B12 iron sodium zinc. They also have the ability to alter gut bacteria by decreasing stomach acid production. 2. H2RAs can decrease total sperm count and mobility and higher doses in men may decrease LH and testosterone levels, which negatively affects sperm parameters (Banihani, S. A. (2016), Histamine-2 Receptor Antagonists and Semen Quality. Basic Clin Pharmacol Toxicol, 118: 9-13. doi: 10.1111/bcpt.12446)</p> | <p>1. Dietary changes, particularly avoiding wheat, can drastically improve reflux symptoms 2. Apple Cider Vinegar - mix 1 tablespoon of Raw, Organic, Unfiltered Apple Cider Vinegar in 8 ounces of filtered water (not hot) and drink. you may add some raw, organic honey to sweeten slightly</p> |
| <p>ANTIDEPRESSANT MEDICATIONS</p> | <p>1. SSRIs (Selective Serotonin Reuptake Inhibitors - used to treat depression) can impact sperm count and mobility</p> | <p>Work with a healthcare provider and other complimentary providers to discuss alternative treatment options. This is also a great starting guide:http://natural-fertility-info.com/infertility-and-depression.html</p> |
| <p>TESTOSTERONE</p> | <p>Causes decreased natural testosterone and sperm production, ultimately leading to very low or absent sperm count</p> | |
| <p>BLOOD PRESSURE MEDICATION (Beta Blockers and ACE Inhibitors)</p> | <p>May decrease semen volume, concentration and mobility. Beta blockers such as atenolol may decrease CoQ10 and melatonin levels.</p> | <p>Always discuss alternative treatment options with your healthcare provider. Options such as dietary changes, meditation and exercise may improve blood pressure.</p> |
| <p>OPIOIDS (Strong pain medication)</p> | <p>May impact testosterone production with long-term use, and ultimately impact sperm quantity and quality. (Safarinejad M.R., et al. (2013, April). The effects of opiate consumption on serum reproductive hormone levels, sperm parameters, seminal plasma antioxidant capacity and sperm DNA integrity. Reproductive Toxicology. 36:18-23)</p> | |
| <p>ANTIBIOTICS (Cotrimoxazole, dicloxacillin, erythromycin, lincomycin, neomycin, nitrofurantoin, quinolones, tetracycline, tylosin, Ampicillin, cephalotin, cotrimoxazole, gentamycin, neomycin, nitrofurantoin, Penicillin G, spiramycin)</p> | <p>May impair sperm quality, but this appears to be reversible (Sharma R, Biedenharn KR, Fedor JM, Agarwal A. Lifestyle factors and reproductive health: taking control of your fertility. Reproductive Biology and Endocrinology : RB&E. 2013;11:66. doi: 10.1186/1477-7827-11-66.)</p> | |

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| <p>ANTACIDS (Maalox, Mylanta, Tums)</p> | <p>Taking aluminum antacids may deplete your supply of, increase your need for, or interfere with the activity of:</p> <ul style="list-style-type: none"> vitamin A folic acid vitamin D calcium chromium iron magnesium phosphorus Zinc <p>Taking antacids such as Tums may deplete: chromium, iron, manganese, phosphorus</p> | <p>See recommendations listed for PPIs and H2RAs</p> |
| <p>FLONASE®</p> | <p>Taking this medicine may deplete your supply of, increase your need for, or interfere with the activity of: vitamin A, folic acid, vitamin B6, vitamin C, vitamin D, vitamin K, calcium, magnesium, potassium, selenium, zinc, melatonin</p> | <p>Consider Saline nasal sprays, Xlear nasal spray, or Neti Pots</p> |
| <p>FOLIC ACID (Synthetic - NOT folate)</p> | <p>Many people (MTHFR) lack the enzymes needed to properly metabolize synthetic folic acid, found in some vitamins/supplements and processed food.</p> | <p>Look for supplements with methylated folate (see Module 4) and consume fresh produce with high levels of folate.</p> |