



Fertility: Myths, Truths, and What's Unclear

Myths	The Facts
Using an intrauterine device (IUD) causes infertility.	Good studies find that the chance of infertility is not increased with the use of IUDs.
Frequent ejaculation wastes sperm.	Frequent ejaculation does not affect fertility. In fact, avoiding ejaculation for more than 5 to 7 days may have a negative effect on sperm.
Trying to get pregnant many times per day increases the chances of getting pregnant.	Strict schedules around intercourse/insemination can increase stress and are not necessary to conceive. Trying to get pregnant every 1 to 2 days in the fertile window (refer to "Truths" below) is usually enough.
Some sexual positions are better for getting pregnant.	There is no evidence that any particular position during or after sex (like lying with legs up the wall) promotes fertility more than other positions.
Caffeine should be avoided when trying to get pregnant.	Moderate caffeine consumption (1–2 cups of coffee per day) has not been found to affect fertility.
Anti-anxiety or antidepressant medications should be stopped for people wanting to become pregnant.	Although every person is different, stopping an anti-anxiety or antidepressant is not recommended before pregnancy. Talk to your health care practitioner about a safe choice for you.

Truths	More Information
There are behavioural changes that can promote fertility.	Avoid/reduce cigarette smoking and/or other substances. Maintain a healthy body weight. Engage in regular, moderate physical activity.
It is possible to track ovulation (the fertile time) at home.	Body temperature tracking is not recommended as temperature rises after ovulation, so once the temperature change is observed, ovulation has already occurred and the fertile time is over. Home ovulation kits (which can be purchased at the drug store) are a more effective way to track when ovulation will occur. You can have intercourse the day of the positive test and the day after. For those trying to conceive at home through vaginal intercourse, having intercourse every 2 to 3 days, if possible, is an alternative.
There is a "window" of fertility.	The fertile "window" is about 6 days long, closing shortly after ovulation. Clear and slippery cervical mucus is generally a sign of ovulation. To improve chances of conceiving, start to have sex about 6 days before expected ovulation and then every 1 to 2 days for a full week.
Some lubricants can reduce fertility.	Common lubricants (like Vagisil or K-Y Jelly) can reduce sperm quality. Avoid water-based lubricants and use a natural oil (mineral, canola) or "fertility friendly" lubricant. Using saliva as lubricant should be avoided as it may affect sperm.

What's Unclear	More Information
If fertility tracking devices are helpful.	Although there is no clear evidence that fertility tracking devices improve the chances of conception in people with infertility, they can help to identify fertile windows and track menstruation.

