

PRECONCEPTION

Preparing Your Body for Pregnancy

*A gentle starting point for the months
before you conceive*

CREATED FOR
Women and couples planning a pregnancy

CREATED BY
Kylie Heard, Fertility Nutritionist & Coach





Where to start

Eggs take around 90 days to mature, and sperm around two to three months. That means the choices you both make now help shape the egg and sperm that come together, and the nutrient stores your body brings into early pregnancy.

Three simple pillars

- Check in with your GP for a pre-pregnancy health check
- Nourish your body with a balanced, varied way of eating
- Support your lifestyle: alcohol, smoking, sleep, stress and timing

It takes two

Preconception health isn't just for women. Your partner's health affects sperm quality and your baby's health too, so doing this together makes a real difference.

This isn't about being perfect. It's about creating a supportive environment for your body, one small step at a time.



Your pre-pregnancy health check

Book in with your GP a few months before you start trying

Vaccinations

Check you're protected against measles, mumps, rubella and chickenpox. Some vaccines need to be given at least a month before pregnancy.

Folic acid and iodine

Australian guidelines recommend folic acid (400 micrograms a day) from at least one month, ideally three, before conceiving, and iodine (150 micrograms a day). Ask your GP what's right for you.

Screening

Make sure your cervical screening is up to date, and ask about blood tests and genetic carrier screening.

Medicines and conditions

Review any medications, and make sure conditions like thyroid issues or diabetes are well managed before pregnancy.

Don't forget your dentist

Pregnancy hormones can affect your gums, so a dental check before you conceive is a good idea.

Tip: take this page with you to your appointment as a checklist.



On your plate

Building your nutrient stores before pregnancy

Protein at every meal

Eggs, fish, chicken, lean red meat, Greek yoghurt, tofu, legumes

Building blocks for hormones and healthy cells

Folate-rich foods

Leafy greens, broccoli, legumes, avocado, citrus

Works alongside folic acid for early development

Iron

Red meat, chicken, fish, lentils, leafy greens (add vitamin C to help absorption)

Builds stores for the extra blood volume in pregnancy

Iodine

Dairy, eggs, seafood, and iodised salt in cooking

Important for your baby's brain development

Healthy fats

Salmon, sardines, extra virgin olive oil, avocado, nuts, seeds

Support hormones and calm inflammation

Fibre and wholegrains

Oats, grainy bread, brown rice, fruit and vegetables

Steady blood sugar and a healthy gut

There's no single superfood for fertility. Aim for variety and colour, most of the time.



Lifestyle and timing

Alcohol

Australian guidelines say the safest choice when planning a pregnancy is not to drink.

Smoking and vaping

Stopping improves fertility for both partners. Quitline (13 78 48) can help.

Caffeine

Keep it under 200mg a day, about two cups of coffee.

Move, rest and unwind

Regular movement you enjoy, 7 to 9 hours of sleep, and gentle ways to manage stress.

Know your fertile window

You can conceive on about six days of each cycle: the day of ovulation and the five days before. The best chances are in the three days leading up to and including ovulation. If your cycle is irregular, having sex every two to three days covers your fertile window.

See your GP if you haven't conceived after 12 months of trying (35 and under) or 6 months (36 and over), or sooner if your cycles are irregular or you have a known health concern.



Personalised support

General advice is a great start, but everybody is different. Tailored support can help if you:

- Have been trying for a while without success
- Have irregular cycles, PCOS or other hormone concerns
- Are thinking about IVF or fertility treatment
- Feel overwhelmed and want a clear, structured plan

About Kylie

I'm Kylie Heard, fertility nutritionist, coach and founder of Nourish to Conceive. I help women feel calmer, more informed and supported as they prepare their bodies for pregnancy, alongside their medical care, never instead of it.



Book your free discovery call

nourish-to-conceive.com
[@nourish_to_conceive](https://www.instagram.com/nourish_to_conceive)

Sources include healthdirect, NHMRC and Your Fertility. This guide is general education and doesn't replace personalised medical advice. © Nourish to Conceive