

PRECONCEPTION ADVICE FOR FERTILITY PATIENTS ARE WE MISSING THE BASICS?

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BACKGROUND

- WHO reports 1 in 6 people globally are affected by infertility.
- Preconception care is vital in **optimising outcomes** and **minimising risks** associated with assisted reproductive technologies (ART).
- **Lifestyle and nutritional factors** significantly impact fertility, many patients **lack clear, actionable information**.
- Despite growing awareness, gaps remain in patient knowledge regarding how lifestyle factors influence reproductive health.

OBJECTIVE

Develop a visually engaging infographic and evaluate knowledge change following viewing of infographic.

DESIGN

A prospective service improvement project.

METHODS

- 100 patients attending a tertiary ART clinic were randomly selected.
- Patients rated the impact of exercise, diet, weight, smoking and alcohol on fertility (1=little impact, 5=high impact) before and after reading the infographic.
- Free text was allowed for patients to recorded points they were not aware of before viewing the infographic.
- Data was analysed using paired t-tests (GraphPad) and qualitative analysis.

INFOGRAPHIC

Consolidates evidence-based **lifestyle, dietary, and supplement advice** to help individuals optimise their fertility and prepare for a healthy pregnancy.

Emphasise **simple, actionable changes** patients can make.

Clear, visually engaging, accessible format.



RESULTS

Factor	Pre (Mean ± SD)	Post (Mean ± SD)	P-value
Exercise	3.71 ± 1.03	4.18 ± 0.97	< 0.001
Diet	4.17 ± 1.01	4.64 ± 0.76	< 0.001
Weight	4.26 ± 0.82	4.63 ± 0.67	< 0.001
Smoking	4.69 ± 0.81	4.86 ± 0.51	0.004
Alcohol	4.64 ± 0.78	4.84 ± 0.54	<0.001

The impact patients attributed to all domains of pre-conception care on fertility outcomes increased significantly post viewing the infographic.

Qualitative findings:

- 12% unaware of caffeine risks
- 7% unaware of exercise implications
- 4% unaware of weight impact
- 3% unaware alcohol affects fertility

CONCLUSIONS

- Infographic had a significant impact on participants' understanding of all assessed factors on fertility.
- Patients learned new information about modifiable risk factors.
- Infographics are effective, low-resource tools for health education.
- Accessible patient education is essential in fertility care.
- Simple, evidence-based resources can empower patients and support behaviour change.
- Although 1 in 6 people globally are affected by infertility, 39% of adults are overweight and 23% are insufficiently active. These statistics underscore the importance of addressing preconception care holistically to optimise reproductive health outcomes.