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Preparing for High Quality Sperm Collection:

A 3-Month Guide



IVG+F (In Vitro Gametogenesis and Fertilization) is an advanced technology in reproductive biology that has shown promising results for couples wanting to have children.

Part of the process involves the collection of high-quality sperm, which can impact the success rate of the procedure. This article will provide you with a 3-month guide detailing steps to take to optimize sperm quality for IVG+F.

It takes about three months for the body to produce a new batch of sperm, so any changes you make will take a few months to show an effect. This is why we recommend preparation about three months before the sperm collection dates.

Three Months Before Sperm Collection

The starting steps:



1. **Healthy Diet:** Start focusing on a healthy, balanced diet. Antioxidants are crucial as they can help to protect the sperm from cellular damage. They can be found in foods such as fruits, vegetables, nuts, and grains.
2. **Exercise:** Regular moderate exercise can help improve sperm quality. Be mindful not to overdo it, as excessive training might negatively affect sperm count.
3. **Limit Alcohol and Avoid Illicit Substances:** Both can negatively impact sperm health. It is best to avoid them completely or limit your intake as much as possible.
4. **Supplements:** Coenzyme Q10 and folic acid can help improve sperm quality. Follow directions on the supplement labels to take them. Pharmaceutical grade supplements can be ordered from www.mysupplements.store and delivered to your home.

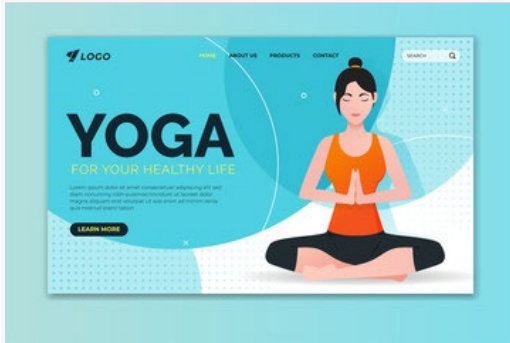
Two Months Before Collection



1. **Maintain Healthy Weight:** Being overweight or underweight can affect sperm count. Maintaining a healthy weight is not simply good for your general health,

but also for your fertility. If you are overweight, look at the new rapid weight loss options available using Ozempic. See www.PatientsMed.com for options.

2. **Stay Hydrated:** Water is essential for all bodily functions, including the production of healthy sperm.



3. **Reduce Stress:** Chronic stress can negatively impact fertility. Engage in stress-reducing activities such as meditation, yoga, or mindfulness practices.
4. **Supplements:** Consider adding a multivitamin to your regimen that includes zinc and vitamin D, which are essential for sperm health. Pharmaceutical grade supplements can be ordered from www.mysupplements.store and delivered to your home.

One Month Before Collection

1. **Avoid Heat:** Increased scrotal temperature can impair sperm production and function. Limit your use of hot tubs and saunas and avoid placing laptops directly on your lap.



2. **Limit Caffeine:** Too much caffeine can negatively impact sperm quality. Try to limit your intake.



3. **Avoid Tight Clothing:** Tight underwear or pants can increase scrotal temperature, which could impact sperm health.
4. **Supplements:** Omega-3 fatty acids are known to boost sperm health. Consider adding a fish oil supplement to your regimen. Pharmaceutical grade supplements can be ordered from www.mysupplements.store and delivered to your home.

Collecting High Quality Specimens



The key to getting the best sperm samples is abstinence for at least two to three days before collection, but not more than a week. This allows your body to accumulate the highest number of sperm. It is usually recommended to provide two samples collected 2-3 days apart for testing. This ensures a more accurate analysis as sperm counts can fluctuate over days.

Home Sperm Collection:

If you are collecting sperm at home using a sperm at home collection kit, carefully follow the directions that come with the kit. There are several online sperm collection services. Most of them are good. Among others look at:

<https://www.givelegacy.com/>

<https://www.reprotech.com/overnite-male/>

Key Supplements to Improve Sperm Quality

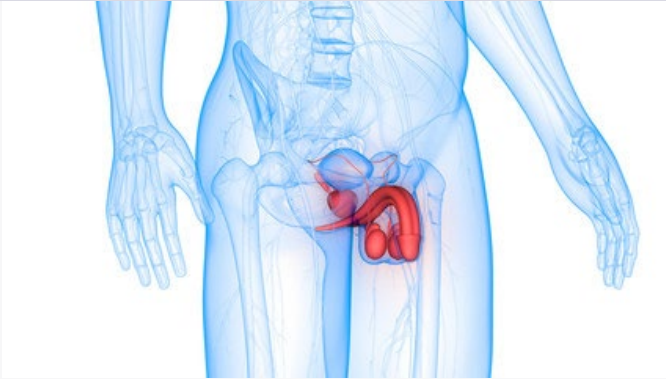


1. **Folic Acid:** This B vitamin has been shown to improve sperm health.
2. **Zinc:** Zinc is essential for sperm health. It is found in considerable amounts in seminal fluid.
3. **Vitamin C and E:** These vitamins are powerful antioxidants that can improve sperm quality by reducing oxidative stress.
4. **Coenzyme Q10:** This supplement can help increase sperm count and motility.
5. **Omega-3 Fatty Acids:** They can improve sperm morphology (structure) and motility.
6. **Vitamin D:** Low levels of Vitamin D have been linked to infertility, so it is crucial to ensure you are getting enough.

Remember, always consult a healthcare provider before starting a new supplement regimen. And while supplements can improve sperm health, a healthy lifestyle including a balanced diet, regular exercise, adequate sleep, and reduced stress are.

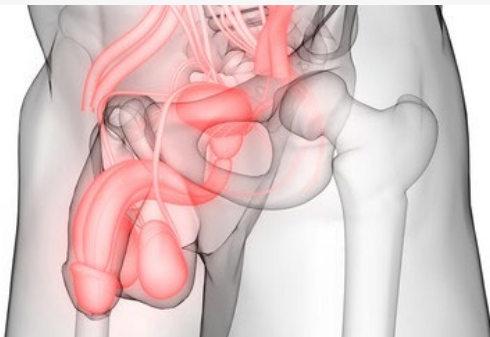
Frequently Asked Questions (FAQs)

1. Where is sperm produced?



Sperm production occurs in the testicles, specifically within the seminiferous tubules. These tubules are densely coiled structures within the testes where the sperm cells are formed and mature. After maturation, sperm is stored in the epididymis, a tube at the back of each testicle, until ejaculation.

2. Does urine flush out sperm?



Urine does not flush out sperm. The pathways for urine (urethra) and sperm (vas deferens) intersect at the prostate gland, which is why you cannot urinate and ejaculate at the same time. After ejaculation, the sphincter at the base of the bladder closes, preventing urine from mixing with sperm. Any remaining sperm within the urethra could be flushed out during urination, but this would not impact sperm stored in the testicles or epididymis.

3. How to donate sperm?



Sperm donation usually involves the following steps:

- Initial inquiry and application: Contact a local sperm bank or fertility clinic to express interest. You will fill out an initial application detailing your medical history, family health background, lifestyle, and more.
- Screening: If the initial application is approved, you will undergo physical exams, semen analysis, genetic screening, and psychological evaluation.
- Donation: If you pass all screenings, you will begin the donation process, which involves abstaining from ejaculation for 2-3 days before each donation, and then producing a semen sample in a private, comfortable setting at the clinic.
- Follow-ups: Regular follow-ups and semen analysis are required to ensure continued health and sperm quality.

Remember, requirements for sperm donation can vary based on location and specific clinics.

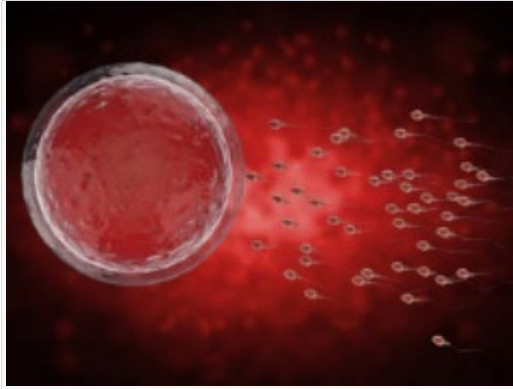
4. How often should a man release sperm?



There is no definitive answer to this as it can vary greatly and depend on personal preference, lifestyle, and overall health. For men trying to conceive, healthcare providers typically recommend ejaculating every 2 to 3 days. This maintains optimal sperm health

and avoids the potential negative effects of prolonged abstinence, such as decreased sperm motility.

5. How to increase sperm count?



Improving sperm count often involves lifestyle changes and dietary improvements. These include:

- **Maintain a healthy weight:** Overweight and obesity are linked with lower sperm count.
- **Eat a healthy diet:** A diet rich in lean proteins, fruits, vegetables, whole grains, and healthy fats can improve overall health and support sperm production.
- **Stay active:** Regular physical activity can help maintain a healthy weight and improve overall health.
- **Limit alcohol and avoid illicit substances:** These can negatively affect sperm production.
- **Limit exposure to toxins:** Exposure to chemicals, heavy metals, radiation, and certain medications can affect sperm production.
- **Stay hydrated:** Good hydration is necessary for overall health, including sperm production.
- **Consider supplements:** Some studies suggest supplements such as Coenzyme Q10, folic acid, vitamin D, and omega-3 fatty acids can improve sperm count. Pharmaceutical grade quality supplements can be ordered from: www.mysupplements.store
- **Manage stress:** Chronic stress can impact hormones involved in sperm production.
- **Avoid heat exposure:** Frequent use of saunas, hot tubs, and even tight clothing can increase scrotal temperature and may decrease sperm production.

Remember that it takes about three months for the body to produce a new batch of sperm, so any changes you make will take a few months to show an effect. It is always recommended to consult with a healthcare provider or fertility specialist for personalized advice.

Excellent quality sperm is the starting point to have a beautiful healthy baby!



Who we are?



We are a leading global surrogacy and egg donation agency, offering personalized, physician-guided, affordable services since 2008. We offer American standard IVF services overseas for only \$49,000, the lowest worldwide cost, as well as similar services in the USA for \$120,000+.

Our practice was set up in 2008 and is fully insured and licensed by the State of New York.

Our medical practice www.PatientsMedical.com in New York, near Mt. Sinai Hospital in NYC, provides reproductive medicine support to Intended Parents looking for non-donor options for medical issues.

We provide surrogacy services under www.surrogacy4all.com and egg donation services under www.IndianEggDonors.com. For further assistance please contact us at 1-212-661-7177 or email us at info@Surrogacy4all.com .