

Alcohol and trying to get pregnant



Any amount of alcohol can lower the chances of getting pregnant

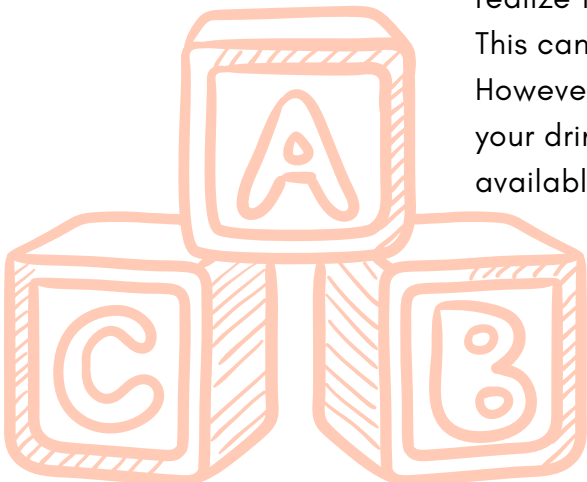
- Alcohol can disrupt the release of eggs during the monthly cycle (ovulation) and cause irregular periods
- Frequent drinking of any amount of alcohol can harm sperm quality and quantity
- People using in vitro fertilization (IVF) to get pregnant may also have a tougher time if either partner has been drinking any alcohol
- Larger amounts of alcohol have bigger impacts on getting pregnant

For a better chance of getting pregnant, cut back on drinking or stop altogether, if that's an option for you:

- If you are using IVF, try to reduce drinking as much as possible, particularly during an IVF cycle.
- Many people find it easier to cut back or quit when partners (and even close friends and family) do it together and support each other through the process.
- Quitting is hard for many people. For tips on how to cut back, visit HelpWithDrinking.ca
- Reach out to a trusted health care provider for guidance and support.

If you are drinking before you are pregnant:

- If you are drinking and having sex without using birth control (example: intrauterine device, pills, or condoms), take pregnancy tests regularly.
 - It's very common for people to find out they are pregnant and realize that they had been drinking earlier in the pregnancy. This can lead to feelings of worry, shame, or being judged. However, it's never too late to make choices to stop or reduce your drinking, and there is supportive, non-judgmental help available.



Learn more at  helpwithdrinking.ca