



Graduation Project



Effect of Nutrition on IVF

**Under the Supervision of : Dr. Mohammad Sabah
Dr. Ola Anbtawie**

By: Balsam Zubaidy

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Introduction.

Nutrition has a major and essential role in the IVF process. Nutrition is the basic rule for a pregnancy to actually occur fertilization, as the food that a man or woman eats can have an effect on the growth of eggs and sperm, as well as on the health of the fetus during pregnancy, so it is important to focus on it well, especially when pregnant through artificial insemination.



Objective

01

Make a guide that contains some of the important nutrients to be taken during pregnancy, and the sources of their availability are also mentioned to make it easier for the mother

02

Four important nutrients were discussed during that period, namely, omega-3, vitamin D, iron and folic acid.

Method.

Collecting information from the book and from some scientific sites



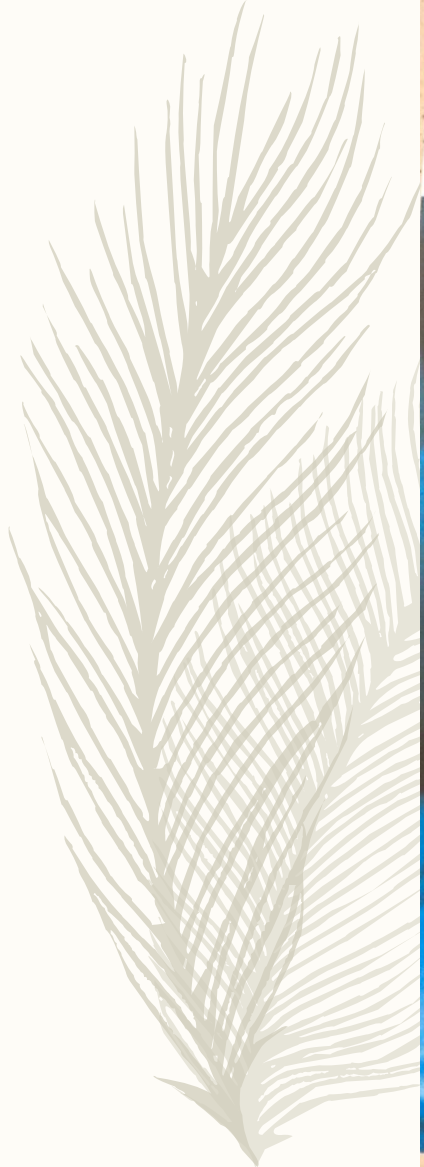
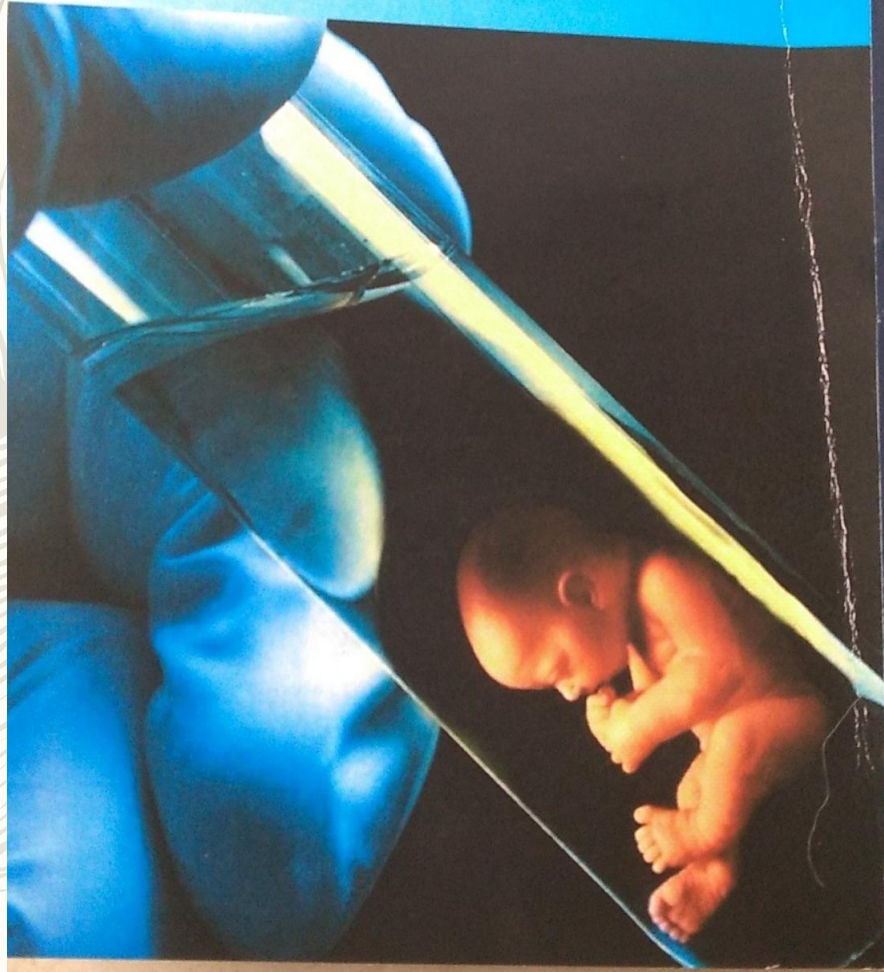
**Rewrite the information in Arabic
And simplify it**



The design of the booklet is elegant and put some words of motivation for the mother to take care of her health well



أطفال الأنابيب والتغذية السليمة



فيتامين د

حيث يعتبر هذا الفيتامين احد أهم الفيتامينات التي يجب أخذها أثناء الحمل للمحافظة على صحة العظام عند الام والجنين ايضا حيث انه يعمل على الوقاية من هشاشة العظام وله فوائد اخرى كثيرة ومتعددة ومن اهمها انه يعمل على الوقاية من بعض انواع السرطان وتصلب الشرايين وارتفاع ضغط الدم



نجاح عملية التلقيح الصناعي و حدوث الحمل تحدث بعد مرور وقت طويل في رحلة العلاج لكلا الزوجين ونحن هنا نسعى الى استمرارية الحمل لدى الام والمحافظة على صحتها وصحة الجنين خلال فترة الحمل التي تستمر بطبيعة الحال 9 أشهر

المحافظة على صحة جيدة لدى الأم والجنين تتم من خلال التقنية السليمة والمحافظة على استمرارية تناول المكملات الغذائية والعناصر الغذائية الضرورية. ((المال والبنتون زينة الحياة الدنيا))



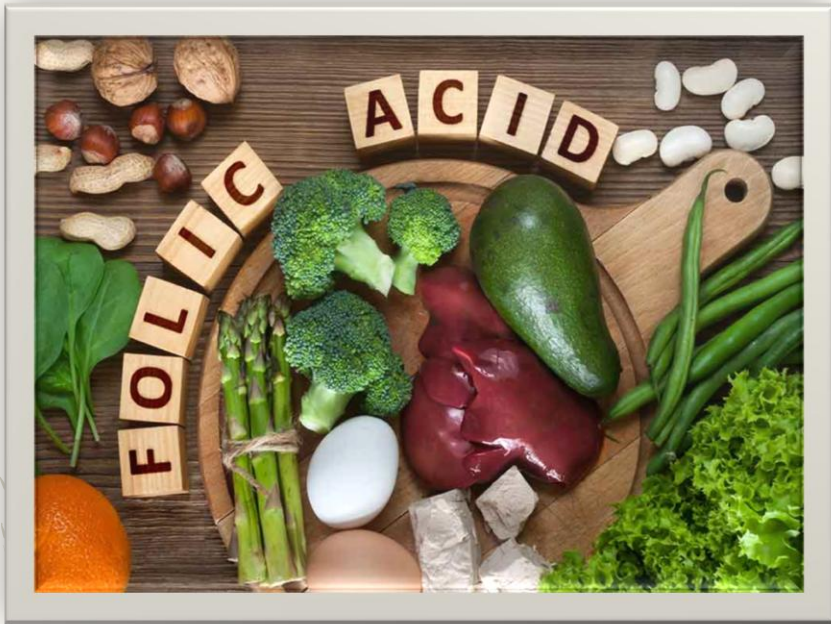
أطفال الأنابيب .

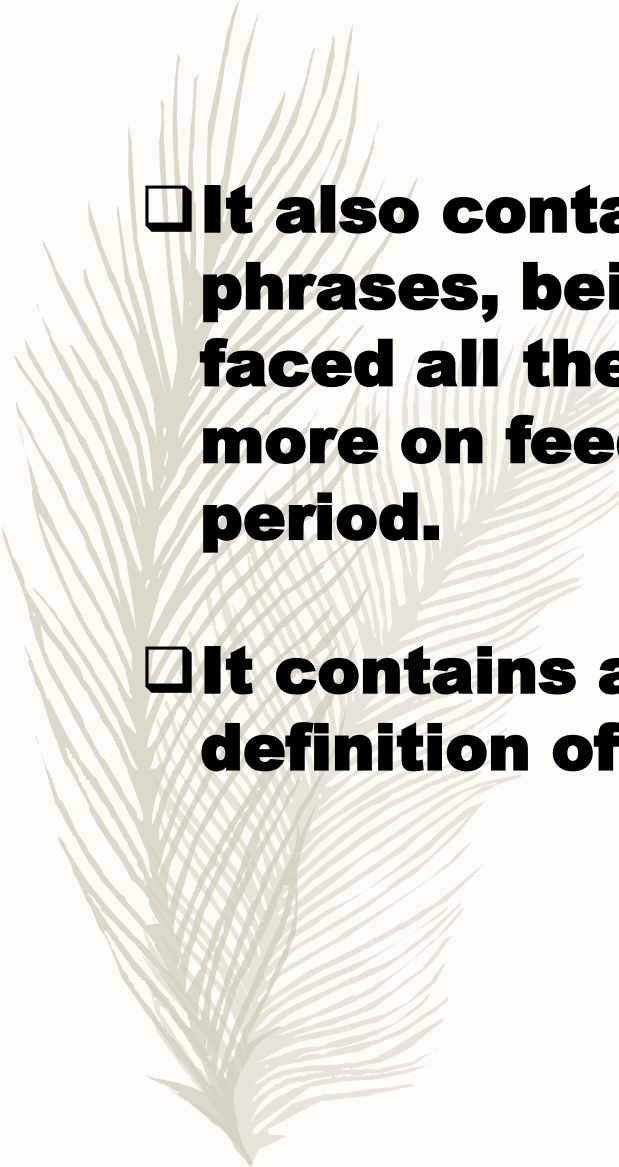
تعتبر تقنية IVF احدث اكثر الطرق الاتجابية شيوعا في مساعدة النساء على الحمل ، وهي عبارة عن عملية اخصاب تتم خارج الرحم ويتم تلقيح البويضة بالحيوان المنوي خارج الجسم.

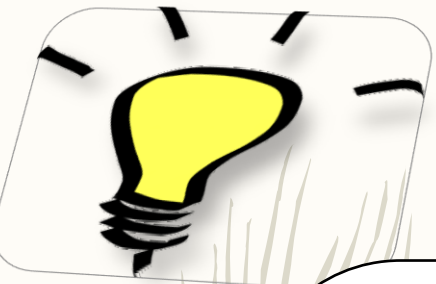


The Contents of the Booklet

- 4 of the important nutrients for the mother during pregnancy were mentioned.
- A simple explanation of each of these elements and the sources of their existence



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- ❑ It also contains some encouraging phrases, being a strong mother who faced all these difficulties and can focus more on feeding her well during that period.**
 - ❑ It contains a simple and concise definition of the IVF process**



Recommendations.

- 1. I recommend to all mothers to maintain your nutritional health during pregnancy.**
- 2. I recommend that expectant mothers seek the help of nutritionists to help them choose their meals and answer their personal inquiries.**
- 3. My first and last advice is to use this booklet.**
- 4. 4-I also recommend raising awareness regarding nutrition and IVF**
- 5. Include a dietician as part of IVF centers**

Conclusion.

**Pregnant women using IVF and feeding them
This topic has the least advantage over information
found on networks
Therefore, this booklet was created to help pregnant
mothers who are most in need of nutritional education
and assistance during this period**