

# Noble Fertility Center

*Making Your Dreams Into Precious Gifts*

137 East 36<sup>th</sup> Street, New York, NY 10016

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## Pre-Conception Instructions

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### While you're trying to get pregnant and afterwards:

1. Avoid smoking and alcohol
2. Minimize caffeine intake including coffee, tea, carbonated drinks.
3. Avoid albacore "white" tuna, shark, swordfish, king mackerel or tilefish which contains high levels of mercury.
4. The following are low in mercury: shrimp, canned light tuna, salmon, pollock and catfish. However, you should not have more than 12 ounces (two average meals) of fish and shellfish per week.
5. Take your prenatal vitamin every night before bedtime. This will decrease the risk of neural tube defect in your fetus.

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## Disability Policy

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It is the Center's policy that disability forms will only be completed per medical necessity as determined by your physician. Please ask your physician before taking a leave of absence.

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I confirm that I have read this entire form and understand its contents. I have been encouraged to ask questions and to have all of my questions answered to my satisfaction. I also confirm that I have received a copy of this form.

### PATIENT:

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date