

# TRAK VASECTOMY REVERSAL PROGRESS CHART



Track the return of your sperm and semen volume from your home with the tracking card below. Use the Trak Protocol on the opposite side to increase your fertility and chances of conception.\*

Your doctor recommends that you wait \_\_\_\_\_ days before your first test with Trak. Your surgery was on \_\_\_\_\_, so your first test should be on \_\_\_\_\_.

## Test 1

Date: \_\_\_\_\_

Days of Abstinence: \_\_\_\_\_

Semen Volume (mL): \_\_\_\_\_

Sperm Concentration  
Fill in the height of the white column in the Prop channel or circle one.



## Test 2

Date: \_\_\_\_\_

Days of Abstinence: \_\_\_\_\_

Semen Volume (mL): \_\_\_\_\_

Sperm Concentration  
Fill in the height of the white column in the Prop channel or circle one.



## Test 3

Date: \_\_\_\_\_

Days of Abstinence: \_\_\_\_\_

Semen Volume (mL): \_\_\_\_\_

Sperm Concentration  
Fill in the height of the white column in the Prop channel or circle one.



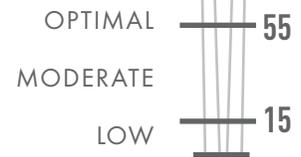
## Test 4

Date: \_\_\_\_\_

Days of Abstinence: \_\_\_\_\_

Semen Volume (mL): \_\_\_\_\_

Sperm Concentration  
Fill in the height of the white column in the Prop channel or circle one.



\* **Your Trak System comes with everything you need for four tests. To order refills, please visit [trakfertility.com](http://trakfertility.com).**

Return of fertility varies with type of procedure, length of time since vasectomy, and other factors. Monthly testing is recommended because sperm concentration can fluctuate due to post surgical complications, lifestyle, and other factors. If sperm concentration remains Low (< 15 M/mL) for more than six months, a laboratory semen analysis is recommended. If sperm concentration returns to Moderate or Optimal levels but pregnancy has not occurred at 6-12 months post-procedure a semen analysis and thorough fertility evaluation for both partners is recommended.

## IMPROVING SPERM COUNT WITH TRAK

Maximize your chances of getting pregnant by using the Trak Sperm Count Enhancement Protocol on the opposite side of this page. In addition, check out the Trak: Sperm Health & Fertility App, designed to help men assess their health and lifestyle risks, track sperm count or semen analysis results, and get personalized recommendations to improve sperm count so they can get pregnant faster.

# Trak Sperm Count Enhancement Protocol

## MAXIMIZE YOUR COUNT WITH THE FOLLOWING RECOMMENDATIONS

**Timing and Expectations:** You may not realize it, but your sperm count is constantly in flux. It goes up and down as changes in your health, habits, and the world around you impact your body's ability to produce sperm. Don't freak out. These fluctuations are normal and often pretty minor. It takes 72 days to create, mature, and ejaculate sperm. You can improve your sperm counts over shorter time periods, but don't be discouraged if it takes 2.5 months or longer to see improvements.

**Regular Ejaculation:** Ejaculating less than 24 hours after your last "session" will likely lower your count, while waiting excessively long (7 days or more) tends to give you a higher count but of poorer quality (a lot of the cells will be dead). Ejaculating once every 2 or 3 days is considered a good target frequency to optimize your count.

**How Often to Try:** Have intercourse every other day during her fertile window to optimize your chances of conception. If you use lubrication, make sure it's a "fertility-friendly" lubricant as many brands are toxic to sperm. And keep the romance alive - having "good sex" naturally improves both partners' fertility.

**Weight Loss & Exercise:** Being overweight can be bad for your sperm count, so once you've healed from your surgery, get off the couch and move. Regular exercise goes hand in hand with weight loss, stress reduction, and overall fitness. Get competitive and work those large muscle groups, but avoid excessive bike riding which places stress on your testicles. Also, avoid steroids as they can severely damage your fertility.

**Nutrition:** The following chart includes Sperm Superfoods and foods to avoid:

NUTRIENT	SUPERFOOD	NUTRIENT	SUPERFOOD
<b>Antioxidants</b>	Dark chocolate	<b>Vitamin B</b>	Asparagus, Garlic
<b>Co-enzyme Q-10</b>	Avocado, Lean beef, Olive oil, Seafood	<b>Vitamin C</b>	Bell peppers, Berries, Citrus fruits
<b>Folic Acid</b>	Greens, Lentils	<b>Vitamin E</b>	Avocado, Greens, Nuts, Salmon, Seafood
<b>L-Carnitine</b>	Avocado, Broccoli, Lean beef, Poultry	<b>Zinc</b>	Beans, Lean beef, Oats, Poultry, Seafood
<b>Lycopene</b>	Tomatoes	<b>AVOID</b>	Fried food, fast food, soy, sweets, sodas, and energy drinks
<b>Omega-3 Acids</b>	Salmon		
<b>Selenium</b>	Lean beef, Mushrooms, Poultry, Seafood		
<b>Vitamin A</b>	Greens, Sweet potatoes		

**Nutritional supplements:** Some doctors recommend nutritional supplements to improve your sperm concentration. Check with your physician on what might be right for you.

**Alcohol:** The occasional drink is fine, but excessive drinking will damage your fertility.

**Smoking and Drugs:** If you use tobacco or narcotics, now is a good time to try to kick the habit as these substances have been linked with low sperm count.

**Manage your sleep and stress:** Get good sleep by staying away from active electronic screens before bedtime, sticking to a routine, and avoiding late afternoon and evening caffeine. Focus on problems you can solve and try not to worry about problems you don't have control over.

**Testicular cooling:** Intentionally cooling the testicles has been shown to be an effective way to increase sperm count. Shoot for icing your testicles 1-2 times/day. Besides actively icing your boys, avoid hot tubs, saunas, and sitting for long periods.

Don't forget to download the free Trak: Sperm Health and Fertility App from your app store to get a personalized set of recommendations and the ability to track your sperm count digitally over time. Get on TRAK today!