



### Conception Myths

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Let's take a look at the most common conception myths and discover whether they're fact or fiction.

When it comes to making a baby, there is no shortage of old wives' tales, hearsay, and Internet fodder on how to do it right. The problem is that many of the theories on getting pregnant are not necessarily based in fact, which leads to a lot of misconceptions about conception.

**Conception myth:** Lying on your back with your hips elevated for 20 minutes after sex will help you conceive.

Why it's supposed to help: Gravity will help sperm work their magic. Lying in this position post-sex (some people suggest putting a pillow underneath your bottom to tilt your pelvis up) could help sperm move in the direction they need to go.

**The facts:** There's no scientific proof that this will increase your odds of conceiving. After all, every ejaculation contains millions of sperm, so plenty of the speedy swimmers should be able to make their way to the fallopian tubes even if you jump around right after sex. But some experts (and common sense) say that staying in bed for a little while after intercourse will help keep semen from leaking out of the vagina — and maybe, just maybe, help ensure that every last sperm gets a fighting chance at the prize. So if you feel like you're helping to spur things along by staying supine, make yourself comfy.

**Conception myth:** Lubricants help sperm swim faster.

Why it's supposed to help: Mucus-like substances help sperm travel toward the fallopian tubes and get to the egg in waiting.

**The facts:** While mucus is crucial in getting sperm moving toward the finish line, not just any mucus will do — your own natural cervical mucus is your best bet when trying to conceive. Most lubricants — even saliva — can interfere with your cervical mucus, alter the pH in your vaginal tract (making it inhospitable to sperm), and even kill off stalwart swimmers. If you really need some extra lubrication during sex (a common need when you're more focused on baby making than lovemaking), there are a few brands of lubricants that are supposed to be safe for sperm. My recommendation is PreSeed, which you can buy online.

**Conception myth:** Certain sex positions increase your odds of conceiving.

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Why it's supposed to help: Positions that allow for deep penetration may land the sperm closer to the cervix, giving them a better shot at making it to the egg.

**The facts:** While there aren't any studies to back this up, some experts suggest that deep penetration (which is possible from a rear-entry position or from the man-on-top missionary position) may help get the sperm closer to the cervix, and hence, to their goal. That said, your cervical mucus — regardless of the sexual position you use — should be enough to move your man's boys toward the egg!

**Conception myth:** A woman needs to have an orgasm in order to conceive. Why it's supposed to help: The uterine contractions caused by an orgasm may help propel the sperm into the cervix and toward the fallopian tubes.

**The facts:** While an orgasm can never be a bad thing, and it may in fact help move sperm in the direction of the egg, you don't need your Os in order to conceive. Some research does suggest that your orgasm increases alkaline secretions in the vaginal tract, which may favour boy sperm.