

Trying for a baby: our checklist

Quotes are KKH's, SGH's, the NHS's and MOH's own words. A calendar is only a guide, and this sheet does not diagnose.

Before we start trying (KKH)

- ☐ “Optimise your health and wellbeing before pregnancy to improve pregnancy outcomes and give your child the best start in life”
- ☐ “Keep weight within the ideal body mass index (BMI) range and maintain a healthy diet”
- ☐ “Start folic acid”
- ☐ “Smoking and recreational drugs are discouraged in men & women attempting pregnancy”
- ☐ “Alcohol and caffeine should be limited to minimal to moderate use while trying to conceive”

When to see a doctor

SGH: see a doctor after trying “for a year without success if you are under 35, or after six months if you are over 35”.

KKH: “Seeking help early is important. You should see a doctor if you are”:

- “Not pregnant after 1 year of regular unprotected sexual intercourse”
- “If you have a medical condition that might affect your fertility potential”
- “Women aged 35 years and above”

KKH Central Appointments: 6294 4050, or ask a polyclinic for a referral.

Our fertile days

NHS: ovulation is “usually about 14 days before the start of your next period”. The fertile window is the 5 days before ovulation and ovulation day (BMJ, 2000).

KKH: have sex “every 2-3 days throughout the month as it might be difficult to predict ovulation accurately”.

Period started	Cycle length	Fertile days
_____	_____	_____

IVF and IUI co-funding (MOH)

Government co-funding per cycle at public hospitals			
Couple	Fresh IVF	Frozen IVF	IUI
Both Singapore Citizens	75%, up to S\$7,700	75%, up to S\$2,200	75%, up to S\$1,000
A Singapore Citizen and a PR	55%, up to S\$5,700	55%, up to S\$1,600	55%, up to S\$700
A Singapore Citizen and a foreigner	35%, up to S\$3,600	35%, up to S\$1,000	35%, up to S\$500

Women below 40 at the start of the cycle, with exceptions. MediSave: up to S\$6,000, S\$5,000 and then S\$4,000 a cycle; S\$15,000 in a lifetime.

Public assisted reproduction centres, listed alphabetically, not ranked: KKH Specialist Outpatient Clinic (Fertility Specialist): 6294 4050 · NUH Clinic for Human Reproduction: 6774 5336 · SGH Centre for Assisted Reproduction: 6321 4377.

Sources, all checked 17 October 2026: KKH, Fertility in women and KKIVF Centre pages (no date stated); SGH, Infertility (no date stated); NHS, Trying to get pregnant (reviewed 2 June 2026); Wilcox, Dunson and Baird, BMJ (18 November 2000); Made For Families, Co-funding for assisted conception procedures (updated 16 March 2026); HealthHub (MOH), Debunking 5 myths of fertility health (reviewed 4 May 2026). Your dates: raisingangels.sg/tools/ovulation-calculator/