

Evaluation of Success Rate in Non-Invasive Methods of Sex Selecting before Pregnancy

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Background: Families, especially fathers, continuously interested in sex selecting in most societies. It is common to select the child's sex and the tendency to have a son in many cultures. The requirement or benefit of physical strength, continuing father's profession, caring for the elderly, inheriting property, continuing their family name can be the cultural basis to prefer the male child. Reasons to perform this plan: 1. Medical reasons: such as preventing the birth of children with sex-linked diseases. 2. Reasons for family planning: So that couples prefer a certain gender because they have one or more other children of the same sex. 3. Reasons for gender preference: Male gender is frequently preferred because of cultural, social, and economic reasons, or as a result of policies that couples must adopt to limit reproduction to have a child (such as China). 4. Preventing deliberate abortions after identifying the sex of the fetus. 5. Preventing the number of unwanted children to realize the wanted sex and so the family economy. objectives: This study was conducted to evaluate the success rate in non-invasive methods of sex selecting before pregnancy. Methods: A clinical experiment was randomly selected from the convenient samples conducted in a retrospective study. 285 women aged 25 to 44 years were referred to the clinic during June 2013 to Jun 2015 in Tehran (Iran). samples conducted follow-up manner. Participants used diet, ovulation date, and Lifestyle to have the sex selecting before pregnancy. Results: 140 women became pregnant among 285 participants. Finding showed that (84.57%), achieved the wanted gender. Conclusion: Adjusting the time of sexual intercourse according to the time of ovulation and observing the pre-pregnancy diet in couples was specified to be effective on the sex ratio in this research. Vaginal washing with water and vinegar and intercourse in the days before ovulation was recommended to have a daughter (a female child), and alkaline washing before intercourse and attempting to conceive on the day of ovulation was also recommended to have a son (a male child). It is significantly effective to apply diet and ovulation timing in this study. It is recommended that families use safe, natural, and non-invasive methods to achieve the wanted sex to have a gender balance. This study's methods are more economical compared to the invasive and laboratory methods and ensure avoiding serious risks and hormonal complications in invasive methods (IVF and PGD). Thus sex selecting is appropriate so that people in certain communities can determine the sex of their baby before pregnancy and strive to obtain it. In this way, it may prevent the birth of babies who are not of the desired gender of the parents.

Keywords: *Before Pregnancy, Non-invasive, Sex Selection*