

Pregnancy Safe Endometriosis Management

There are many management options that are safe to use during pregnancy. To determine what treatments are safe when planning a pregnancy, it is important to speak to a trusted healthcare provider.

Surgical Management

Excision or ablation surgery can help remove endometriosis lesions and scarring. This can help reduce pain and increase fertility. Surgery will not be recommended for everyone.



Complementary Therapies

Complementary therapies, including physiotherapy, counselling, massage therapy, acupuncture, self-care, etc. are often safe for people who are pregnant or planning a pregnancy. Complementary therapies can help you manage your mental and physical health.

To learn more visit
pregnancyinfo.ca