

Fertility and Endometriosis



If you have endometriosis, it can be more difficult to become pregnant. However, many people with endometriosis do get pregnant and successfully carry to term. There are many fertility treatment options available including oral or injectable fertility medicines, in vitro fertilization (IVF), or intrauterine insemination. In some cases, patients may be advised to use a gonadotropin-releasing hormone (GnRH) agonist with 'add back' therapy or have surgery before IVF to improve pregnancy rate.

Some people may find relief from their endometriosis symptoms during pregnancy because of a surge of progesterone – but this is not a universal experience.



Pregnancy should not be viewed as a treatment or cure for endometriosis. Every experience with endometriosis during pregnancy is unique.

To learn more visit
<https://www.pregnancyinfo.ca/>



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
<https://www.pregnancyinfo.ca/>

Questions to ask your doctor about fertility and endometriosis



Below are some questions you may ask your doctor about fertility and endometriosis:

- ☐ How and why does endometriosis affect fertility?
- ☐ Will surgery harm my fertility?
- ☐ What fertility treatment options are available to me?
- ☐ What are my options if I want children, but am not ready to start family planning?
- ☐ Are there lifestyle changes I can make to help increase my fertility?
- ☐ What are the common side effects of the recommended treatment?
- ☐ What strategies or treatments can I do at home to help me manage my symptoms?

What other questions would you ask during your doctor's appointment?

To learn more visit

<https://www.pregnancyinfo.ca/>



References

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Additional Resources

Fertility

[Fertility Matters](#)

[Financial Support for Fertility Treatment and Surrogacy](#)

Pain and Symptom Tracker

[Mino Care Pain Logbook](#)

Chronic Pain

[Power Over Pain Portal](#)

[Pelvic Pain & Endometriosis](#)

[What is Chronic Pain and How Can I Manage It?](#)

Mental Health Support

[Suicide Crisis Helpline](#)

[Hope for Wellness Hotline](#)

The Endometriosis Network of Canada

[The Endometriosis Network of Canada](#)

Finding a Surgeon

[The Endometriosis Network of Canada - Canadian Surgeon Directory](#)

[Finding Trauma-Informed Support](#)

Support Groups

[The Endometriosis Network of Canada - Virtual Support Groups](#)

[Endo Knows No Gend-O](#)

[Fertility Matters – Community-Based Support Groups](#)