

# Endometriosis And Fertility



Some women who experience issues with fertility may have **endometriosis**. There is no definitive reason as to why endometriosis is associated with slightly higher rates of infertility.

**60–70%**  
OF WOMEN WITH ENDOMETRIOSIS  
HAVE NO ENDO-RELATED ISSUES  
BECOMING PREGNANT

**It is possible that in patients with endometriosis:**

- Endometriosis tissue blocks or changes the shape of reproductive organs
- Chronic inflammation in the abdominal cavity hinders **embryo** implantation
- The layer of the uterine lining where the embryo implants does not function properly

The most important thing you can do while pursuing pregnancy is to have continued conversations with your doctor. You might have to adjust your treatment regimen or stop your medications for managing your endometriosis during this time. Your health care team can help you determine a plan for safe conception and a healthy pregnancy.

Treatment options to improve fertility include certain medications (such as clomiphene citrate) often paired with assisted reproduction methods (*in vitro* fertilization or **intrauterine insemination**).

## **I'm Pregnant ... Now What?**

Individuals with endometriosis who become pregnant should be carefully monitored by their OB/GYN. Most deliver healthy babies, but there is a higher rate of pregnancy complications, such as preterm birth.

For some people, pregnancy may temporarily lessen endometriosis symptoms, but this is not true for everyone. **Pregnancy should never be viewed as a treatment or cure for endometriosis.**