

Uterine Fibroids and Fertility

Fibroids usually do not interfere with getting pregnant; however, their location can sometimes cause infertility or pregnancy complications.

5–10%

of women challenged with infertility have fibroids

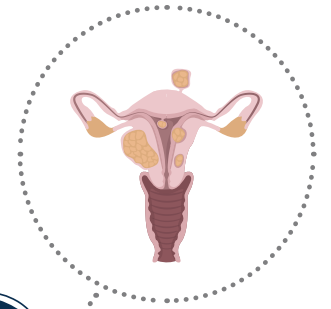
2–12%

of pregnant women have fibroids

Treatment options to improve fertility in women living with fibroids vary on a case-by-case basis. Ask your provider about the minimally invasive and fertility-friendly treatment options that might be appropriate for you.

While science does not completely understand the mechanisms that impact fertility, health care providers are knowledgeable about how to support maternal and infant health throughout pregnancy.

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 fibroids during this time. Your health care team can help you determine a plan for safe conception and a healthy pregnancy.



I'm Pregnant. Now What? Individuals with fibroids 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 or increased blood loss, that may require delivery by cesarian section.

For some women, pregnancy may temporarily lessen fibroid symptoms, but this is not true for everyone. Pregnancy should never be viewed as a treatment or cure for uterine fibroids.