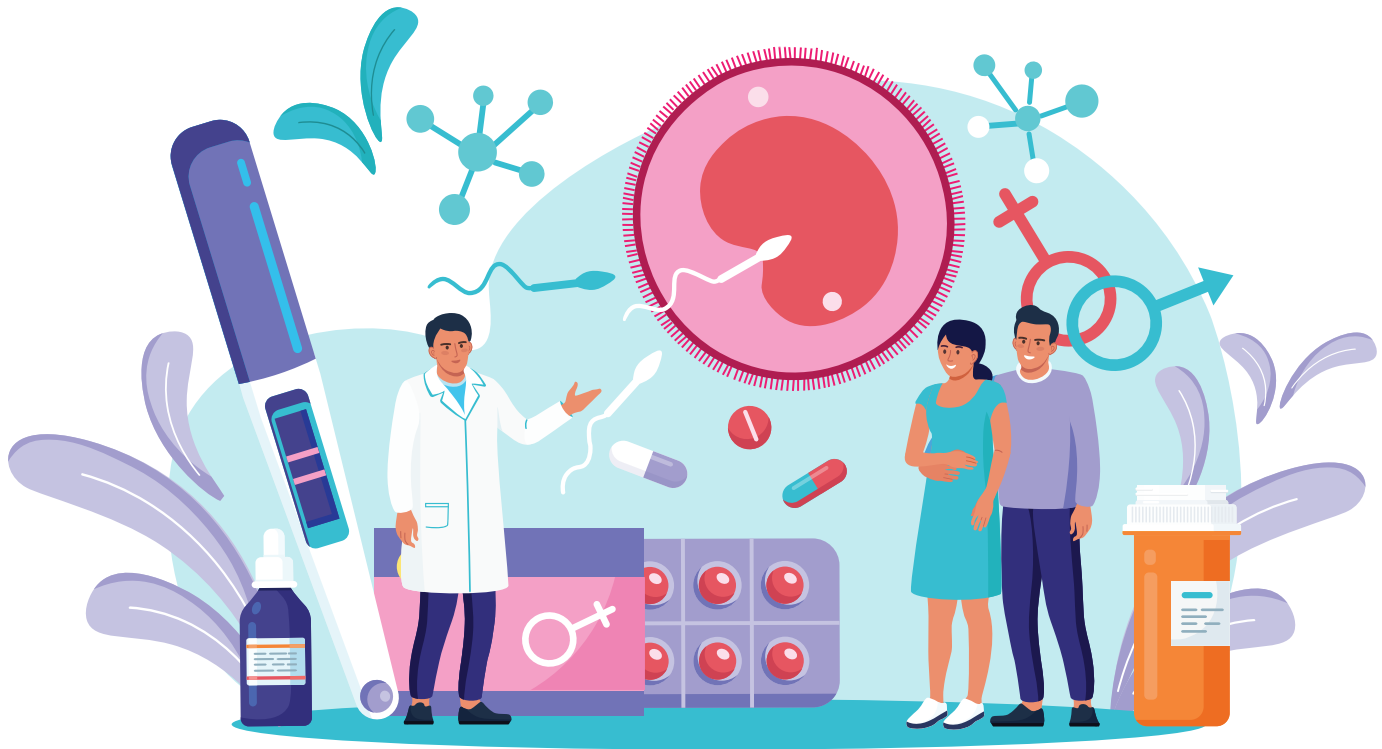


UNDERSTANDING YOUR FERTILITY TREATMENT OPTIONS



FERTILITY TREATMENT OPTIONS

Treatment options for infertility can include: medication, surgery, genetic testing, intrauterine insemination, and in vitro fertilization.

~12% of women ages 15-49 have received some type of infertility service

Fertility drugs for women alter hormone levels to help regulate or stimulate ovulation. This is the primary treatment method for women whose infertility is linked to an ovulation disorder. Commonly prescribed fertility drugs include:

- Clomiphene citrate
- Gonadotropins, including FSH and hCG
- Letrozole

Fertility drugs carry some risks, including pregnancy with multiples, ovarian hyperstimulation syndrome, and a slightly increased rate of ectopic pregnancy. Women

have also reported unpredictable mood changes while taking fertility drugs.

25-35% of female infertility has been linked to fallopian tube blockage or damage

Surgical options are less common due to high success rates of other treatments. However, surgery can help correct problems with the uterine anatomy or fallopian tubes.

- Tubal surgeries address blocked fallopian tubes.
- Laparoscopic or hysteroscopic surgeries can help remove uterine fibroids, polyps, endometria lesions, or pelvic and uterine adhesions.

Intrauterine insemination (IUI) is a type of artificial insemination that uses a long, thin tube to place sperm directly into the uterus around the time of ovulation. The risks of IUI include pain, spotting, and rarely infection.

In vitro fertilization (IVF) is a type of assisted reproductive technology that involves removing eggs and sperm from two individuals and combining (fertilizing) them in the laboratory before transferring the embryo(s) into the uterus.

2% of babies born in the U.S. today are conceived using IVF

Donor eggs, sperm, or embryos can be harvested from one person(s) and then transferred to the intended parent for their own attempt at pregnancy, or transferred to a gestational carrier to carry the pregnancy.



FINANCING FERTILITY CARE

Always check your health insurance policy to understand coverage processes and costs. Additionally, many states have laws requiring employers to cover certain fertility treatments. The average out-of-pocket costs associated with diagnosing and treating infertility vary by procedure, clinic, and geographic location.

Do not be discouraged by costs. There are assistance programs and resources to support your investment in your reproductive life plan and family goals, such as the ones listed here. Also, ask your health care providers for additional resources they may know and recommend.

What to Expect

Keep in mind that, even with treatment, conceiving takes time. Some treatments may need multiple attempts before you can determine if it will be successful for you or not. Continue to talk to your health care providers about any questions or concerns throughout the process.

DECIDING ON A TREATMENT PLAN

Infertility treatment plans should be developed to meet your specific needs, values, and goals, including:

- Cause(s) and duration of your infertility
- Family planning goals (long and short-term)
- Age of you and your partner
- Risks and side effects
- Medical history
- Personal values and beliefs

ADDITIONAL RESOURCES

- [CDC IVF Success Estimator](#)
- [Fertility Within Reach: Grant and Discount Programs](#)
- [RESOLVE: Insurance Coverage by State](#)

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