

Female Reproduction

As women with CF live longer and healthier lives, many more are becoming parents. Although women with CF may have irregular periods and the cervical mucus may be thicker, fertility may not be affected. The introduction of modulator medications has also made natural conception more achievable for women with CF.

The majority of women with CF are not considered infertile and 85% are able to conceive naturally within a year of ceasing contraception. If you are a sexually active woman with CF and you don't want to get pregnant it is vital that you use contraception.

Pregnancy

It is important to discuss your plans for starting a family with your CF team, ideally before you are pregnant. Prior planning can help to optimise lung health and weight, which can lead to more successful outcomes for mother and baby.

Your CF team will want to monitor your health more closely while you are pregnant because of increased demands on your body. Some medications may also need to be paused during pregnancy, so it is important you're monitored by your team. Most women with CF are able to carry a child without significantly impacting their long-term health.

Carrier Screening

As part of planning pregnancy, it may be important for some to know the chances of having a child with CF. Genetic testing for your partner can be discussed with your CF



team who can arrange for you and your partner to be referred a genetic counsellor. Genetic testing for CF is now bulk billed for Medicare eligible patients. If you are not eligible for Medicare it will cost ~\$389.

Assisted Reproductive Technologies

Assisted Reproductive Technologies (ARTs) are used if couples are experiencing difficulties conceiving. There are many forms of ART, the most common are ovulation induction, artificial insemination, in vitro fertilisation (IVF) and surrogacy.

Using a surrogate can be an option for women with CF who are advised against carrying a pregnancy themselves but still want to have a child. Surrogacy is now legal in most states in Australia, but it is a very complex undertaking for all parties involved.

Useful Resources

- [Genetic Carrier Screening](#) (CFWA)
- [Genetic Services WA](#)
- [Reproductive Technology Council](#)
- [Fertility and Parenting](#) (CF Strong)