

Methods of Birth Control

Birth Control Guide for People With CF

You may have heard that it might be hard for you to get pregnant because you have cystic fibrosis. Many people with CF have become pregnant on purpose or by accident—you could too!

HOW DOES CF AFFECT FERTILITY?

FEMALES WITH CF

Females with CF may have thicker cervical mucus. Thick mucus may make it harder for sperm to travel through the cervix. But, pregnancy is possible.

About 25–50% of pregnancies in people with CF are unplanned. This number may be even higher for people taking CFTR modulators.¹

MALES WITH CF

Most males with CF are infertile due to a missing or blocked vas deferens. This means sperm cannot pass and cause pregnancy.

But males with CF should not assume they are infertile. In a few males with CF, the vas deferens is there and is not blocked. These males have some sperm in their semen and may be able to have children through intercourse.

IS BIRTH CONTROL EFFECTIVE FOR PEOPLE WITH CF?

Studies have shown that people with CF are just as sexually active as people without CF. But, people with CF are less likely to use birth control (contraception). This may be due to misconceptions about how well birth control works in people with CF. Most birth control is as safe and works just as well for people with CF as it does for those without CF.^{2,3}

IS HAVING CHILDREN RIGHT FOR ME?

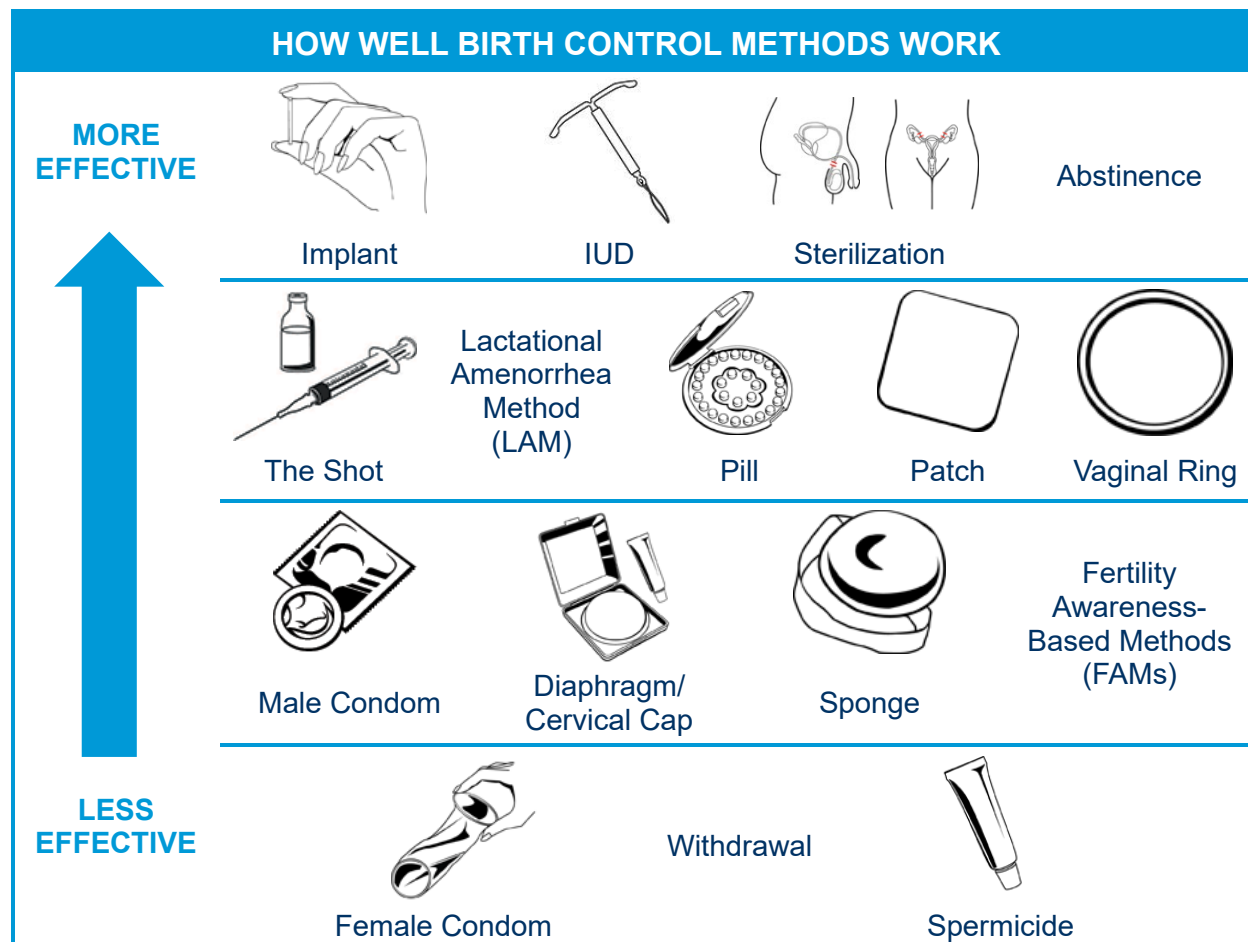
Planning pregnancy for a time when you are healthy is important. If you are thinking about getting pregnant, talk to your care team ahead of time. They can help make sure you are in your best health going into a pregnancy.

If now is not the right time for a pregnancy, consider a form of birth control that is right for you.

Many methods of birth control are available for people with CF. Talk with your care team about your options. Consider how different methods can affect your body and how well they may work for you. This will help you choose a form of birth control that fits your lifestyle and supports your health.

METHODS OF BIRTH CONTROL

The figure below shows how well each method works to prevent pregnancy. This is when that method is used correctly 100% of the time.⁴ It is important to always practice safe sex. To protect yourself from sexually transmitted infections (STIs), use a condom along with your chosen form of birth control.



REFERENCES

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This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.