

# Pregnancy & Endometriosis



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## Pre-pregnancy

### Endometriosis optimisation

See your endometriosis specialist about optimising your symptoms while trying for a baby; this may include pain relief options, regular physiotherapy, surgery or nerve medications

### Pre-pregnancy planning

See your GP or obstetrician to discuss relevant blood tests, immunisations and folic acid supplementation during pregnancy

## Early Pregnancy

See your GP or obstetrician early in pregnancy for blood tests to confirm the pregnancy and an early ultrasound scan between 6–8 weeks gestation

## During Pregnancy

Your obstetric team will monitor and assess for various complications of pregnancy including ultrasound examinations to assess the placenta, and check on the growth of the baby. Blood pressure monitoring, blood tests to look for gestational diabetes

See your women's health physiotherapist

Discuss with your obstetric team delivery options

## After Pregnancy

See your gynaecologist for a discussion about hormonal options to manage endometriosis between pregnancies