

Understanding Your Options With Fertility

Conversations beyond Endometriosis.

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Navigating fertility when also living with endometriosis can be overwhelming. Goals, preferences, symptoms, and outcomes vary widely, making it hard to know what information applies to you and where to start. This resource is designed to support people living with endometriosis - regardless of fertility goals - in navigating their individual journeys, experiences, and conversations that may arise along the way. Developed alongside the endometriosis community, this resource is intended to provide clear, evidence-informed information, practical tips, and relevant resources related to endometriosis and fertility.



Endometriosis and Fertility

Endometriosis is a chronic condition affecting approximately **1 in 7 women, girls and people presumed female at birth**. Endometriosis occurs when tissue, similar to the lining of the uterus, occurs outside of the uterus and in other parts of the body.¹

Common symptoms of endometriosis:

Symptoms vary between individuals, and may include, but are not limited to:^{2,3}

- Pelvic or period pain
- Heavy and/or irregular menstrual bleeding
- Fatigue
- Challenges with fertility

Despite this, it is also possible for people not to experience symptoms.

What is the link with fertility?

Endometriosis can impact fertility, as the condition can cause scarring, adhesions, and cysts, which may interfere with conception and pregnancy.⁴ However, experiences vary and many people with endometriosis conceive without difficulty.⁵

It is estimated that fertility challenges may be experienced by 30% of people with endometriosis.

For more detailed information about endometriosis, you can visit



[Endometriosis Australia](#)



[EndoZone](#)



[Jean Hailes](#)

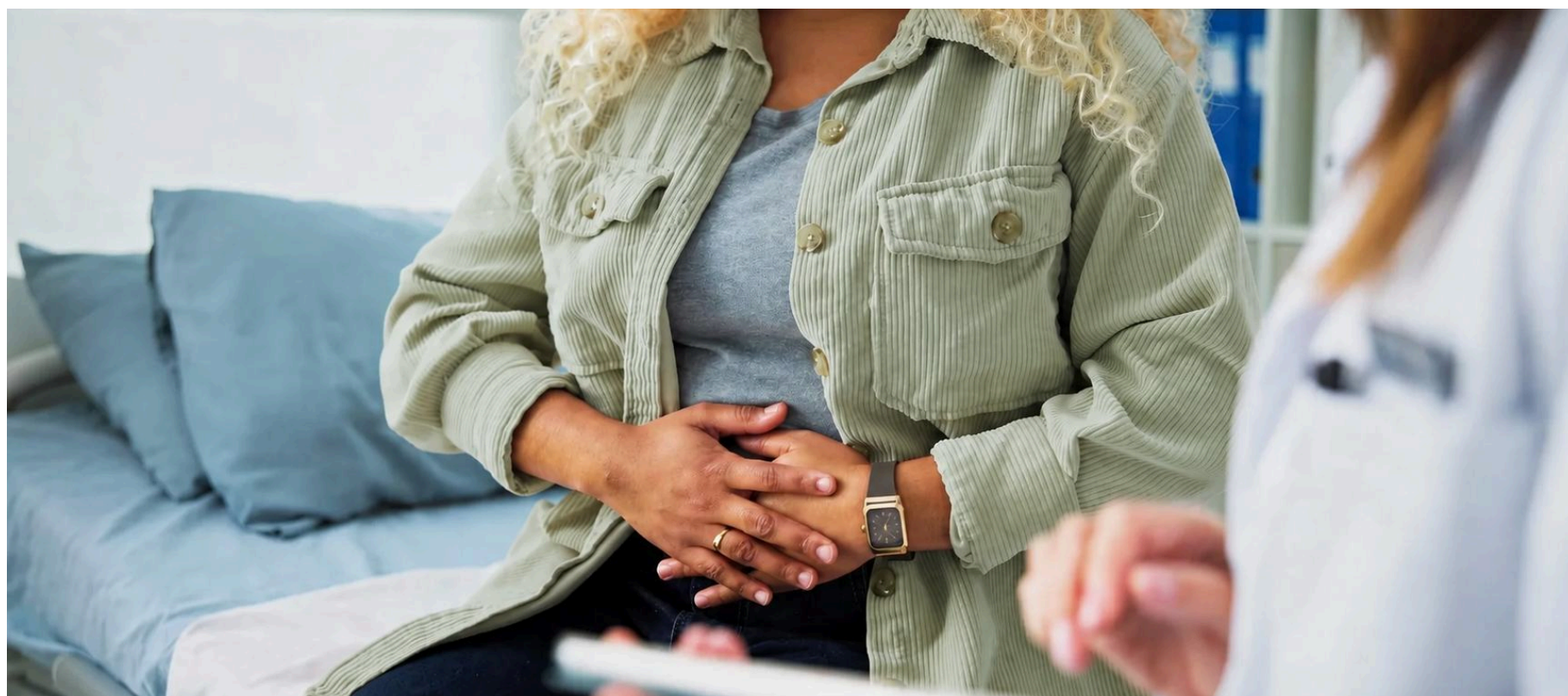
For more detailed information about endometriosis and fertility, you can visit



[Fertility & Pregnancy](#)



[Your Fertility](#)



¹ Endometriosis Australia. (2025). *Endometriosis: Diagnosis & treatment fact sheet* [PDF]. Endometriosis Australia. Retrieved February 2, 2026, from <https://endometriosisaustralia.org/wp-content/uploads/2025/02/endometriosis-diagnosis-treatment-fact-sheet.pdf>

² Tsamantioti, E. S., & Mahdy, H. (2023). *Endometriosis*. In *StatPearls* [Internet]. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK567777/>

³ Ramin-Wright, A., Kohl Schwartz, A. S., Geraedts, K., Rauchfuss, M., Wölfler, M. M., Haeberlin, F., von Orelli, S., Eberhard, M., Imthurn, B., Imesch, P., Fink, D., & Leeners, B. (2018). *Fatigue – a symptom in endometriosis*. *Human Reproduction*, 33(8), 1459–1465. <https://doi.org/10.1093/humrep/dev115>

⁴ Endometriosis Australia. (n.d.). Fertility and pregnancy. <https://endometriosisaustralia.org/blog/fertility-and-pregnancy/>

⁵ EndoZone. *Fertility and conception*. EndoZone. <https://www.endozone.com.au/fertility-and-conception>

What can I do to prepare for my appointment?

Many people with endometriosis will attend appointments with a variety of medical and/or allied health practitioners where **discussions about fertility may arise**. These appointments can bring up a range of emotions. The following **discussion points and questions** have been informed by the **endometriosis community** and may be helpful to keep in mind along the way.

Establish Your Preferences, Priorities, and Goals

Every endometriosis and fertility journey is unique. Your goals, priorities, and preferences may look different to somebody else’s experience. The table below has some example discussion prompts, questions, and responses to help navigate the conversations based on your situation.



I am actively navigating my fertility journey with the intention to get pregnant.

- What is a realistic expectation to have, based on my current situation?
- Will my endometriosis increase risks during pregnancy? If so, is treating my endometriosis first something to consider?
- What could my long-term management plan look like if I plan on having multiple children?
- At what stage do I know if my goal of having a child is not possible?
- How often is it recommended to re-assess my treatment plan?
- How can I balance symptom management with my fertility goals?
- Do you see others with endometriosis and fertility concerns regularly?



I am not sure what my preferences are yet, but I’d like to learn more and build my understanding.

- I haven’t really thought about my fertility or having kids, what are some key points to be aware of with regards to my fertility and also having endometriosis?
- Right now, I am not in a position to have children, although I think in the future it may be an option for me. Are there specific tests, health professionals, or other measures to consider now to support my fertility journey later?
- At what stage is it appropriate to be concerned about my fertility and/or chances of conceiving?
- When should I undertake some baseline fertility testing to help inform future decisions and timelines regarding fertility?
- Can we document my current uncertainty and revisit this topic at regular intervals?



I am not currently planning to become pregnant, and/or I don’t plan to in the future.

- At this stage, I do not plan on having children. Thank you for raising the topic with me, I will let you know if that preference changes.
- I understand fertility is important for many; however, it is not my priority. I would appreciate it if you could respect my stance on this and help me with my goal of (e.g. symptom control, quality of life).
- Can you document in my medical record that fertility preservation is not currently a treatment goal for me?
- If fertility was not a consideration, what treatment/management plan would you recommend?

Note: you may not fit neatly into any one category, and that is okay. The purpose of the table is to assist you in thinking about what you might want to know when attending appointments with health professionals.

Having an understanding of endometriosis and how it can affect fertility can be helpful to prepare you for your appointments. It may also be useful to think about what you would like to know from your medical practitioner (e.g. treatment options, available support, information about procedures).



“Just in general, to be like **prepared** with as much information on **your situation** as possible”

- Person from the endo community

In addition to the points covered on the previous page, some of the following prompts may be useful:

- What are my options based on my situation?
- What other health professionals might be important for me to consider in my treatment/management journey?
- Who is the best person for me to contact if I have questions between appointments?
- What would you do if you were in my position?

Where possible, **keeping track of your symptoms**, current and historical, can be helpful. You could jot them down on paper, your phone, or with apps such as *Flo*, *Ovum*, *Period Tracker*, *Period Calendar*, *Charli*, or *Clue*.

Prepare with passport

You may find it helpful to use a preprepared guide, such as that developed by the *International Federation of Gynaecology and Obstetrics* (FIGO), that helps you document basic investigations, diagnoses, treatments, and results.



Fertility Passport

Prepare any relevant **medical files** that your healthcare practitioner has asked for, or you think may be necessary for your appointment.

This may include:

- Recent blood work
- Recent ultrasounds or MRIs
- Health and allied health practitioner reports (i.e. surgical reports, dietician's reports, psychological)
- Current medications (prescribed and non-prescribed, including any herbal supplements or remedies)
- Family history

Some people may find it helpful to have an idea of the financial cost of endometriosis and fertility treatment, management, and care. If you are interested in knowing more information about this, you can visit:

[Medical Cost Finder](#)



[EndoZone Financial Information](#)



[Medicare Information](#)



Supporting and Empowering Yourself

Self-advocacy is an important skill that can help you feel more **empowered and in control** throughout your endometriosis-fertility journey. It can look different for everyone, and each person will have a style that suits them best; however, the **endometriosis community** has highlighted some common aspects to help you feel you are getting the **care and support you need**.

Building a relationship with your healthcare professional

If it's your first time seeing a particular healthcare professional, think about what you would like the relationship to look like. This may help **set expectations** from your and their point of view:

- Would you find having them write or draw things down helpful?
- Would you like them to give you information so you can review it later?
- Would you prefer they communicate information straight to the point, or be more gentle and indirect?
- Would you like a copy of any test results, surgical reports or copies of letters for your records?

Some people may find bringing an **additional person** to appointments beneficial to:

- Support them emotionally,
- Ask questions you haven't considered, or
- Help remember information that you planned to discuss (it can be helpful to share with your support person ahead of your appointment about what questions you would like to ask or what topics you would like covered)

Getting **second opinions** is okay. Part of the journey can involve finding professionals that fit your values, goals, and needs, or getting alternative perspectives on information you have been provided.

In addition to finding an alternative perspective, it is also okay to check back in with your GP if you feel unsure about any of the information you have been provided.

Take notes

When appointments feel overwhelming, having your notes can bring points of importance to the forefront of your mind. This could include jotting down your questions and ideas ahead of time, noting down information received in the appointment, or questions that arise during.

Ask questions

Remember that you can **ask questions** or ask the health professional to repeat/rephrase information. Questions like those provided earlier in the document may be useful.

Your experience matters

Remember that **your experience is real** and **prioritise your health, goals, and needs**. This may be through:

- Reminding yourself it is okay to follow-up on information or results if you have not heard back.
- Considering your timelines.
- Having clear expectations about what you would like to achieve.
- Informing health professionals of your previous experiences, so they can best understand where you are coming from.

“I think
knowledge is
power”

- Person from the endo community



What can I do after my appointment?

Take some time to process the information you have been provided in your appointment. This could be alone, with a trusted friend or family member, or a mental health professional.

You may find it helpful to develop a **personal, holistic, self-care plan**. Self-care is an important part of our day-to-day life but is also often sacrificed when we are stressed or overwhelmed. It can also be **especially beneficial** as you navigate your endometriosis journey. Self-care can be made up of various areas such as physical, emotional, and social and could include activities such as making time to have a relaxing bath or shower, enjoying a favourite snack or meal, or planning a visit from a friend.

Self-care planner

The Black Dog Institute provide a useful fact sheet that talks about the importance of self-care and guides you through a way of planning self-care for yourself.



Black Dog Institute

Some people also find it helpful to **connect with others** who have **lived through similar experiences**. If this is something you think you might be interested in, below are some resources and groups that may be worth exploring:

Endometriosis Australia Education and Discussion Group

Information and support for endometriosis



Pink Elephants Support Network

A support group for those who have experienced loss



Additionally, navigating discussions about your endometriosis-fertility journey with family, friends, and workplaces can be challenging. Some of the below resources discuss ways of dealing with these types of conversations:

EndoZone

Helping you find support where you didn't know it existed



Centre of Perinatal Excellence (COPE)

Exploring the impact of infertility and IVF on relationships with family and friends



Endometriosis Australia

Helping you navigate endometriosis in the workplace



Support from mental health professionals may also be beneficial. The below resources can help you locate professionals in this space.

Centre of Perinatal Excellence (COPE)

Emotional and mental health support on the road to parenthood



Australian Psychological Society (APS)

Find a psychologist through APS



Australian Association of Psychologists Inc (AAPI)

Find a psychologist through AAPI



Additional professional advice can be found at:

PANDA

For support during pregnancy or within the first year



Gidget Foundation

For expectant, new and potential parents



The Centre for Perinatal Psychology

Support for planning, pregnancy and parenting



What can I do as I go through my endo-fertility journey?

It may be useful to consider if there are **other professionals that can assist you** with your treatment and care, from a holistic view. You can discuss what options may be **best suited to you** with your primary healthcare provider. Build a healthcare team **for you**.

“I think it needs more of a holistic, integrated approach, rather than going to a specialist in isolation”

- Person from the endo community

Some examples of different professionals who you may wish to have on your healthcare team include:

- Psychologist or counsellor
- General practitioner (GP)
- Pelvic physiotherapist / physiotherapist
- Dietician
- Fertility specialist
- Gynaecologist
- Complementary therapies (e.g. Traditional Chinese Medicine, acupuncture, massage)

You may find it beneficial to familiarise yourself with healthcare professionals you are considering visiting. This may be through reviewing clinic/practice websites and reading clinician bio's to see if their values and experience aligns with your own.

EndoZone has a webpage that talks more in depth about forming your healthcare team and provides further resources for you to look into



EndoZone

Play an active role in your care and have shared decision-making

Throughout your endometriosis journey, you will likely attend a variety of appointments. The endometriosis community emphasised the importance of trying to play an active role in your care. This could include:

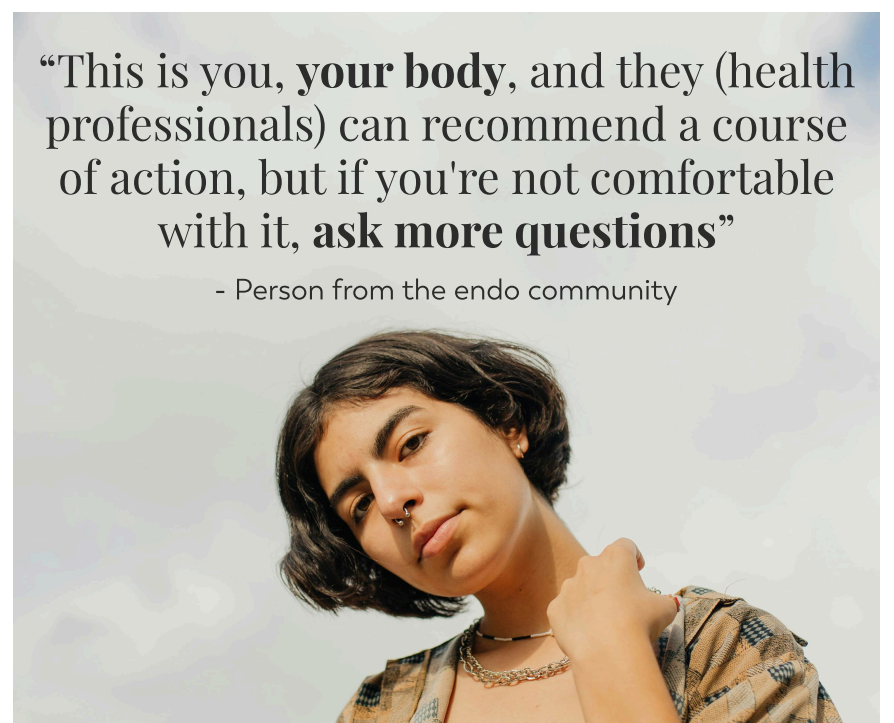
- Trying to keep your healthcare team across decisions that are made (e.g. being cc'd into emails between health professionals). This is particularly important if you have multiple practitioners involved in your care.

- Requesting that your healthcare providers share test results with other relevant members of your care team.
- Asking for a short letter to be written and printed, explaining what was discussed during your appointment, to bring to your next appointment with another practitioner.
- Asking for copies of your results, which you can store in a dedicated folder, to take to appointments with other health/allied health providers.
- Following up on information or results, if you have not heard back. For example, setting a reminder in your calendar for a week's time, and if you have not heard back, follow up with your healthcare professional.
- Developing a treatment plan that aligns with your personal goals and having this recorded somewhere, whether on your phone, diary, or notebook, so that you can refer back.
- With your consent, including information in your *My Health Record* to help facilitate data sharing.

The above responsibilities should not fall wholly on you but could form part of the initial discussion with your healthcare providers in how to navigate these situations, should they occur.

“This is you, your body, and they (health professionals) can recommend a course of action, but if you're not comfortable with it, ask more questions”

- Person from the endo community



This resource was developed from the Talking Fertility Project undertaken by community representatives and researchers at Flinders University, University of New South Wales and University of Tasmania. The project was supported by an Endometriosis Australia Research Grant.



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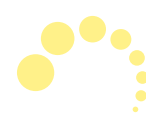
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