

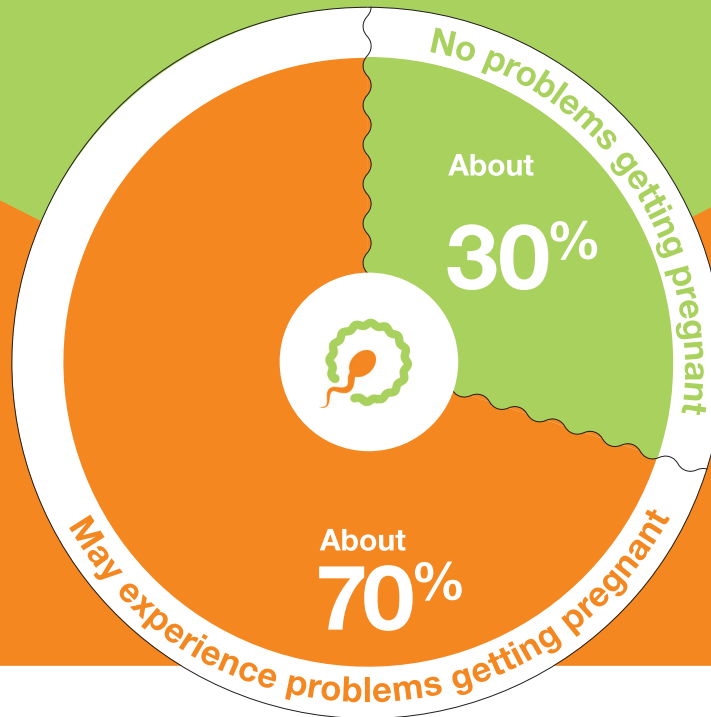
PCOS, fertility and pregnancy

Most women with PCOS achieve their desired family size.
For some of these women medical support may be needed.



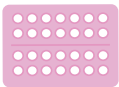
Women with PCOS commonly have problems becoming pregnant.

The most common reason is not producing a fully developed egg during the monthly cycle (anovulation).



A healthy and active lifestyle
improves your changes of becoming pregnant.

Improving your chances



Contraception is needed if pregnancy is not desired.



Discuss family planning and pregnancy health with your doctor. Make a plan of action so that you will be in the best health possible when trying to become pregnant.



5%–10%

Aim for a healthy weight to improve your chances of getting pregnant (If you are in the unhealthy weight range, a 5-10% weight loss of your total body weight will improve your chances of becoming pregnant).



Consider planning your family (if you wish to have children) earlier than 35 years if possible.

More helpful information



If you have had no periods or very few periods over the past 3 to 6 months, see your doctor.



If you are not pregnant after trying for 12 months (or if over 35yrs 6 months), see your doctor.



If improving your lifestyle has not achieved a pregnancy then your doctor will discuss treatment options.



The most common treatment is tablets such as letrozole, clomiphene citrate and metformin. Surgery and injections are also options.



Being as healthy as possible when becoming pregnant may reduce your risk of possible problems during pregnancy such as gestational diabetes.



For more information about PCOS and fertility go to: AskPCOS
Visit yourfertility.org.au or varta.org.au



The **AskPCOS App** provides comprehensive, high quality PCOS information and support tools that are based on the latest evidence.