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Fertility and Birth for Trans People

Ths fact sheet uses anatomical names for body parts, including genitals and organs.

Making a baby requires an egg, sperm, and a uterus, and there are a variety of ways these parts can come together to create a pregnancy. This includes:

- **Intercourse**: Ejaculation of semen internally (near the cervix) during sex.
- **Vaginal pool**: A needleless syringe is inserted into the vagina and a fresh or frozen sperm sample is deposited near the cervix (without a speculum).
- **ICI**: A trained provider inserts a flexible a flexible catheter of fresh or unwashed frozen sperm directly into the cervix (without a speculum).
- **IUI**: Using a speculum, a trained provider inserts a flexible catheter of prewashed fresh or frozen sperm directly into the uterus.
- **IVF**: A fresh or frozen sperm sample and an egg are placed in a laboratory dish for fertilization. After fertilization occurs, 1-2 fertilized eggs are placed in the uterus to develop. This method can also be used to implant previously frozen eggs, embryos, or another person's eggs/embryos.
- **Surrogacy**: A surrogate is a person who becomes pregnant usually by assisted insemination or surgical implantation of a fertilized egg for the purpose of carrying the fetus to term for another family. Surrogates can be a friend, community member, or a person hired through an agency.
- **Donors**: An outside source of sperm or eggs. Donor options include family members, friends, community members, or an anonymous donor's material purchased through a sperm bank. We *strongly recommend* getting baseline lab work, including an STI panel, and consulting with a lawyer for any known donors you are considering.
- **Adoption***:* Legally bringing a child born to other genetic parents into your family.

The chances of creating a pregnancy during a single ovulatory cycle range from about 7-20%, depending on method of conception used, timing, age, and individual health. There are many ways transwomen and transmen can support their fertility, including:

- **Drinking water!** Aim for half of your body weight in ounces a day
- **Eat a nutrient dense diet**, including a variety of fruits and vegetables, healthy fats, quality proteins, and lots of fiber-rich foods.
- **Move your body.** Take walks, dance, or find some moderate exercise that feels good for you.
- **Eliminate or reduce substances known to decrease fertility**, such as tobacco, alcohol, and recreational drug use.
- **Sleep at night.** Getting 8 hours at night will help all of your body's systems work better.
- **Take your vitamins:** Folate for everyone, zinc for people with sperm, prenatal vitamins for people with eggs/uterus.
- **Get a preconception checkup!** A health care provider can look for pre-existing conditions that can affect fertility and help you get up to date on vaccinations for illnesses that can affect pregnancy.

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- **Gather your support people** – bring your community into your family planning goals.

There are different types of care providers that can offer fertility and insemination care, as well as prenatal, birth, and postpartum care to transgender families.

Obstetrician (OBGYN)	Nurse Midwife (CNM)	Direct-Entry Midwife (CPM)
Type of care: Medical model, providing hospital-based care (Labor & Delivery or attached birth center). Usually work in large team that rotate hospital shifts for birth. Short prenatal appointments (5-15 min). Services provided: Preconception care: inseminations, advanced fertility medications and treatment, IVF; prenatal, birth including cesarean sections, postpartum, routine screenings. Appropriate for: People who desired a planned cesarean, people with preexisting health conditions or high risk pregnancies, individuals who want a hospital birth or access to pain medication during labor.	Type of care: Midwifery model of care, providing primarily hospital-based care (some free-standing birth center and homebirth). Some work in group practices with other midwives or OBGYN's, others work in small groups/individually. Prenatal appointments 15-30 minutes long. Services provided: Preconception care, inseminations, some fertility medications, prenatal, birth, postpartum care, routine screenings. Appropriate for: Healthy people or individuals with some preexisting conditions wanting individualized midwifery care, individuals who want a hospital birth, an unmedicated birth, or pain medication during labor.	Type of care: Individualized midwifery care, emphasis on shared decision making and informed choice. Provide free-standing birth center and home birth. Prenatals appointments are 45-90 minutes. Continuity of care with 1-3 midwives throughout pregnancy, birth and postpartum. Services provided: Preconception care, prenatal, birth, postpartum care, routine screenings, newborn care. Some provide inseminations. Appropriate for: Healthy, low-risk people wanting individualized care and personal responsibility for health decisions, people who want an out of hospital, unmedicated birth and want to avoid interventions.

Learn more, find providers and community at:

Refugemidwifery.com Milkjunkies.net Birthforeverybody.org

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