

Fertility Conversation Guide



Providence
Health Care

BCRenal
Provincial Health Services Authority



Kidney Disease and Fertility

Kidney disease can often affect your hormones, menstrual cycles, and fertility. Many people with chronic kidney disease (CKD) may have a hard time getting pregnant because reduced kidney function can disrupt the hormones needed for ovulation and pregnancy. However, even if fertility is reduced, it is still possible to become pregnant at any stage of kidney disease, including during dialysis or following a kidney transplant. If you have a uterus and are under the age of 50, you should assume you are pregnancy-capable. Because of this, it is very important to understand your fertility and talk to your healthcare team about [pregnancy planning](#) and [contraception](#).

Knowing Your Fertility

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to become pregnant. For example, having regular menstrual periods may suggest that you are fertile, but this is not always the case. If you are not having menstrual periods at all and do not have an IUD in place, you may not have optimal fertility and should have an early assessment if you are planning on having children. If you are concerned about your fertility, your healthcare provider can order certain tests that may provide insight into your fertility or refer you to a fertility specialist.

Getting Support for Infertility

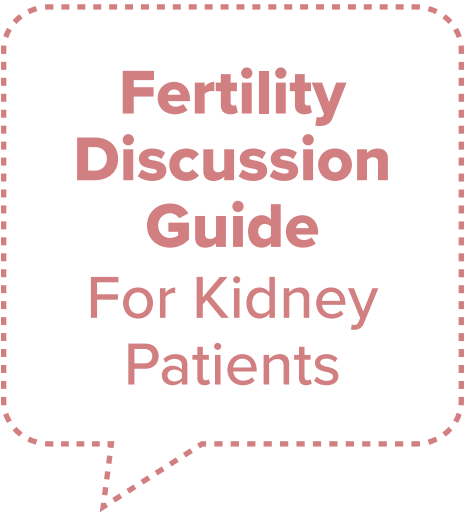
If you are diagnosed with infertility, there are ways your healthcare team can help support you. For some people on dialysis, increasing dialysis frequency or duration may improve hormone balance and fertility. Fertility can also return quickly after a kidney transplant, sometimes within the first six weeks or sooner. Certain medications and treatments can be used to help with infertility. Fertility treatments and assisted reproductive technologies such as IVF may also be possible for people with kidney disease, although these treatments may carry additional risks. Your kidney doctor or healthcare provider can help guide you and refer you to a fertility clinic if needed.



[Click here](#) for a printable discussion guide to help discuss with your kidney doctor if you are planning a pregnancy.

Questions You Might Want to Ask Your Healthcare Provider

Use this guide during conversations with your healthcare team.



Fertility Discussion Guide For Kidney Patients

+ Understanding Fertility and Kidney Disease

- Does my kidney disease affect my fertility? How will I know if I have infertility?
- Is it possible for me to become pregnant if:
 - I have chronic kidney disease?
 - I am on dialysis?
 - I have had a kidney transplant?
- Is it safe for me to become pregnant with my current kidney condition?

+ Menstrual Cycles

- Are my menstrual cycles normal?
- What should I do if my periods become irregular or stop completely?
- How do I know if I am ovulating properly? Could I be having anovulatory periods (getting a period without releasing an egg)?

+ Medications

- Do any of my medications affect fertility or hormone levels?
- Should any medications be changed before I try to conceive?

+ Dialysis

- Does dialysis affect my fertility or menstrual cycles?
- Can my fertility improve with increases in my dialysis regimen?

+ Transplant

- When will my fertility return after I get a kidney transplant?
- Do my transplant medications affect my fertility?

+ Getting Help for Infertility

- What can I do if I have CKD and have infertility?
- Are my symptoms related to fertility, sexual dysfunction, or both? Click on [the page](#) for sexual dysfunction.
- What lifestyle changes may help improve my fertility?
- What medications or treatments may help improve my fertility?
- When should I consider seeing a fertility clinic?
- What fertility treatments are safe for people with kidney disease?
- When should I consider assisted reproductive technologies, such as:
 - Ovulation Induction
 - Intrauterine Insemination (IUI)
 - In Vitro Fertilization (IVF)
- Should I think about freezing my eggs or embryos?
- Should I see a fertility specialist or reproductive endocrinologist?



- [Kidneyfund.org/living-kidney-disease/chronic-kidney-disease-ckd-and-fertility](https://www.kidneyfund.org/living-kidney-disease/chronic-kidney-disease-ckd-and-fertility)
- [Kidneyfund.org/article/family-planning-and-kidney-disease-fertility-and-sexual-health](https://www.kidneyfund.org/article/family-planning-and-kidney-disease-fertility-and-sexual-health)
- [Journals.lww.com/transplantjournal/abstract/2025/12000/pregnancy_outcomes_using_assisted_reproductive.22.aspx](https://journals.lww.com/transplantjournal/abstract/2025/12000/pregnancy_outcomes_using_assisted_reproductive.22.aspx)
- [Kidney.org.au/wp-content/uploads/2025/10/KHA-Factsheet-Sexuality-fertility-and-kidney-disease-2020.pdf](https://www.kidney.org.au/wp-content/uploads/2025/10/KHA-Factsheet-Sexuality-fertility-and-kidney-disease-2020.pdf)

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