



## Planning for having children is part of life.

Like anyone else, as a transgender person, you have choices when it comes to having children of your own. You need and deserve high quality health care.

## Each transgender person is unique.

Wanting to have, or not to have, children are big life choices. Whichever you choose, it's good to plan ahead.

## Protect your fertility.

Keep healthy today so you are able to have a baby later on. Untreated STDs can cause problems with fertility.

People are at risk of getting an STD from having oral, anal, and vaginal sex. But you can protect yourself:

- Use a condom or a dental dam every time you have sex.
- Get tested for STDs and HIV. Ask your provider how often to get tested.
- If you have an STD, get treated right away.

## Have more questions?

Everyone has their own set of concerns and questions. Here are a few resources that can help:

**Center of Excellence for Transgender Health**

[transhealth.ucsf.edu](http://transhealth.ucsf.edu)

**National Center for Transgender Equality**

[www.transequality.org](http://www.transequality.org)

**Transgender Law Center**

[www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)

**National Center for Lesbian Rights**

[www.nclrights.org](http://www.nclrights.org)

To find a family planning clinic near you, go to:

[www.hhs.gov/opa](http://www.hhs.gov/opa)



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# TRANS HEALTH



## fertility AND you



## TRANSWOMEN can have a baby.

If you are a trans- woman who wants to have a child someday, here are a few options to think about:

- **You can use your own sperm to have a baby. If you're still making sperm, you can get your partner pregnant.**
- **You can donate your sperm to some one who can carry the baby for you.**
- **Or you can save your sperm at a sperm bank for later when you're ready to have a baby.**

If you take hormones, you may need to stop for 3–6 months to make enough sperm.

You can also:

- **Adopt a child.**
- **Foster a child.**



## TRANSMEN can have a baby.

If you are a transman who wants to have a child someday, here are a few options to think about:

- **You can save your eggs, like sperm banking, to use later on when you're ready to have a baby. You can do this before you have surgery to remove the ovaries and uterus.**
- **You can donate your eggs to a female partner, or to a friend who is willing to carry the pregnancy for you.**
- **You can choose to have your own baby. If you still have a uterus and ovaries, you could use your own eggs and carry your own child.**

You can also:

- **Adopt a child.**
- **Foster a child.**

## What if I'm not ready to have a baby right now?

As a transwoman, you may still make enough sperm to start a pregnancy.

As a transman, taking hormones and not having a period won't stop you from getting pregnant. You can still get pregnant while taking T.

To prevent a pregnancy:

- **Use a condom or another birth control method to prevent a pregnancy.**
- **You can use a method of birth control that doesn't have hormones.**



If you had sex without a birth control method with someone who makes sperm, you could get pregnant. You might want to take emergency contraception (EC) to prevent a pregnancy. It's best to take EC right after having sex. You must take it within 3 to 5 days for it to work.

Ask your provider how to get EC in your area.