

Fertility

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Fertility can be reduced by a variety of contraception:

- Oral contraceptives (combined pill) - contains oestrogen and progesterone inhibiting FSH so no eggs are released.
- An injection, implant or skin patch of slow release progesterone stopping release of eggs for a no. of months or years.
- Barrier methods like condoms and diaphragms to prevent sperm reaching the egg.
- Intrauterine devices preventing embryos from implanting in the uterus.
- Spermicidal creams which kill or disable sperm.
- Not having sex when an egg may be in the oviduct.
- Surgical methods of male and female sterilisation such as tying the fallopian tubes or cutting the sperm ducts. This is called a vasectomy.



Increasing fertility

- Doctors may give FSH and LH in a fertility drug if a woman's level of FSH is too low to stimulate eggs to mature.
- [In vitro fertilisation](#) (IVF) treatments involve:
- Giving a woman FSH and LH to stimulate the growth of many eggs.
- Collecting the eggs from the mother.
- Fertilising the eggs using a sperm from the father in a lab
- Inserting one or two into the uterus.
- This gives a woman a chance to have a baby. But it can be:
- Emotionally and physically stressful
- The success rate isn't high.
- Can lead to multiple births putting the babies and mother at risk.

