

It is normal to have concerns about how the COVID-19 vaccines might impact reproductive health. The CDC recommends COVID-19 vaccines for everyone 6 months and older, including those who are trying to get pregnant now, or who may become pregnant in the future. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility issues now or in the future.

Some readers may be sensitive to the topics covered in this document due to previous struggles with fertility, the historical trauma of racist treatment of people of color, or general disregarded health complaints of women/trans men and women/gender nonconforming people, within the medical field.

See below to learn answers to some common questions about the COVID-19 vaccine and reproductive health.

Q: Will my ability to have children be affected by the COVID-19 vaccine?

A: There is no evidence that any vaccine, including COVID-19 vaccines, affects fertility, regardless of sex/gender. The vaccines work with your body's immune system to fight the coronavirus and does not interfere with your reproductive organs. In clinical trials of COVID-19 vaccines, and in a large prospective study of couples trying to conceive, rates of becoming pregnant were the same for those receiving COVID-19 vaccines and those not receiving the vaccines. The COVID-19 vaccines are safe and effective. The [Centers for Disease Control and Prevention \(CDC\)](#), [American College of Obstetricians and Gynecologists \(ACOG\)](#), and [Society for Maternal-Fetal Medicine \(SMFM\)](#) recommend the COVID-19 vaccine for people who are pregnant, lactating, or planning to get pregnant.

Visit this link to hear from Dr. LaSalle on why COVID vaccination is recommended: [Fertility and COVID-19 Vaccines - YouTube](#)

Q: Will the vaccine change my menstrual cycle?

A: A portion of COVID-19 vaccinated individuals have reported changes in their menstrual cycle after getting vaccinated, such as longer-lasting periods, shorter intervals between periods or heavier bleeding than usual. [In a 2022 study](#), it was found that menstruating individuals who received a COVID-19 vaccine had a less than one-day increase in the length of their menstrual cycles around the time of their doses. A one-day variation is within the normal range of variation of menstrual cycles. Despite these potential temporary changes in the menstrual cycle, **there is no evidence that COVID-19 vaccines cause fertility problems**. A change in your cycle may change the timing of your ovulation. People who use natural family planning and other methods that rely on cycle tracking may find it more difficult to pinpoint ovulation and avoid/plan pregnancy. Talk with your provider to discuss your cycle and learn more regarding family planning.

Q: Can the COVID-19 vaccine affect birth control?

A: According to Planned Parenthood, there is no evidence that the COVID-19 vaccine makes birth control more or less effective. At this time, there are no reports from vaccinated individuals that their birth control stopped working after getting a vaccine. While reports of menstrual cycle changes are present, this does not affect how well a person's birth control works. This could create difficulty in tracking menstrual cycles and ovulation periods; people who use natural birth control, such as the fertility awareness method, may find it difficult to know when they are ovulating. There are tools that can help individuals track their ovulation. It is recommended to with your provider about your options and to learn more.

Q: Can the vaccine affect sperm and/or cause impotence?

A: There is no evidence that shows that any vaccines, including COVID-19 vaccines, cause those with male reproductive organs issues with infertility or impotence at this time. A [recent small study of 45 healthy men](#) who received an [mRNA COVID-19 vaccine](#) looked at sperm characteristics, like quantity and movement, before and after vaccination. Researchers found no significant changes in these sperm characteristics after vaccination. Alternately, [one study](#) found that COVID-19 infection may be associated with a decline in fertility for men for up to 60 days after infection. Fever from any illness, and a common symptom of COVID-19, can potentially cause a short-term decrease in sperm production. Although fever can be a side effect of COVID-19 vaccination, there is no current evidence that fever after COVID-vaccination affects sperm production. Talk with your provider if you have further concerns.

Q: Does the vaccine affect IVF (In Vitro Fertilization) Treatments?

A: There is no evidence to suggest that the COVID-19 vaccine affects outcomes in people going through IVF treatments. Studies have found no effect of COVID-19 mRNA vaccine on IVF success rates. One [study](#) found no significant differences in response to ovarian stimulation, egg quality, embryo development, or pregnancy outcomes between the vaccinated compared to unvaccinated patients. COVID-19 vaccines have not been found to affect fertility, nor create more difficulty for those already struggling to conceive. Many vaccines are routinely given safely both during and prior to pregnancy, such as the flu, tetanus, and diphtheria vaccines. The COVID-19 vaccine is recommended for anyone 6 months and older, including those trying to conceive.

Q: Can the COVID-19 vaccine cause miscarriage?

A: No, the COVID-19 vaccine is safe before, during and after pregnancy. There is no evidence that getting the COVID-19 vaccines increases the risk of miscarriage. Higher rates of miscarriage have not been found in those vaccinated against COVID-19.

The rate of miscarriage is higher than people think, about [10 to 20 percent](#) of pregnancies end in miscarriage. Some people who are vaccinated may experience miscarriage, but this is not related to the vaccine- miscarriages can occur regardless of vaccination status. In fact, people who develop severe COVID-19 infection early in pregnancy are at an increased risk of miscarriage. Vaccination is you, and your baby's, best protection against COVID-19.

Resources

Centers for Disease Control and Prevention, "COVID-19 Vaccines for People Who Would Like to Have a Baby". 2022. Available online at: [COVID-19 Vaccines for People Who Would Like to Have a Baby | CDC](#)

American College of Obstetricians and Gynecologists, "COVID-19 Vaccination Considerations for Obstetric-Gynecologic Care". 2022. Available online at: [COVID-19 Vaccination Considerations for Obstetric-Gynecologic Care | ACOG](#)

World Health Organization, "Questions and Answers: COVID-19 vaccines and pregnancy." 2022. Available online at: [Questions and Answers: COVID-19 vaccines and pregnancy \(who.int\)](#)

Mount Sinai, "Large Study Provides Reassurance that COVID-19 Vaccination Does Not Affect Fertility or Early Pregnancy." 2022. Available online at: [Large Study Provides Reassurance that COVID-19 Vaccination Does Not Affect Fertility or Early Pregnancy | Mount Sinai - New York](#)

Always consult with your trusted healthcare professional on personal medical decisions.