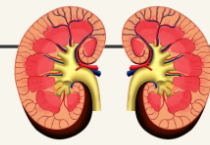


SEXUAL & REPRODUCTIVE HEALTH

with Chronic Kidney Disease

Making safe, smart,
and healthy decisions



Sexual activity is defined as any kind of voluntary sexual behavior. Some behaviors we do by ourselves and some we do with other people.

What is sexual activity?



Pregnancy

Pregnancy can happen as a result of vaginal sex between a man and woman. When a man's sperm attaches to a woman's egg, an embryo is formed. Over 9 months the embryo grows into a baby inside the woman's uterus.

In the U.S., 54 out of every 1000 teenage girls between ages 15-17 gets pregnant. Most of the time teens who became pregnant do not want to become pregnant because they are not ready to be mothers and fathers.



Peer Pressure & Consent

Many teenagers feel pressure to participate in sexual activities. This pressure can come from friends, other people at school, social media, and other places. Make sure that you feel safe in your relationships and don't feel pressure to do things that make you uncomfortable. If you feel unsafe by how someone is pressuring you or touching you, tell your parent, doctor, trusted adult, or call the number on the bottom of the page.

Readiness and Sexual Activity

It is very important to wait until you are ready to become sexually active. Many people wait until marriage before becoming sexually active. Sex changes relationships between people. It also changes their lives in a permanent way. It is important to be in a safe relationship and at a time in your life that is safe before you choose to engage in sex.

Birth Control: *methods that people in a safe relationship use to prevent pregnancy*

Abstinence

Abstinence is not having sex. It is the only 100% effective way to protect yourself from pregnancy and sexually transmitted infections. Both men and women can practice abstinence.

Condoms

Condoms are a good way to prevent pregnancy. They are thin, stretchy pouches of latex that are worn on a man's penis each time during sex. If used correctly, condoms help prevent spreading sexually transmitted infections during sex. They help prevent pregnancy by preventing sperm from entering a woman's vagina. When used correctly with other birth control methods, they make unintended pregnancy very unlikely.

Birth Control Shot

The birth control shot (Depo-Provera) is a good way to prevent unintended pregnancy. Depo-Provera is a shot given to a woman every 3 months. This shot prevents pregnancy by preventing eggs from leaving a woman's ovaries.

Birth Control Pills

Birth control pills are a good way to prevent unintended pregnancy. A woman must take a birth control pill every day for it to work. This method prevents pregnancy by preventing a woman's ovaries from releasing eggs.

Implant and IUD

These methods are the BEST ways to prevent unintended pregnancy. An implant is small rod the size of a matchstick that is placed just under the skin in a woman's arm. An IUD is a small T-shaped device that is placed in a woman's uterus. Each of these devices last 3-5 years!

The Right Choice for You

If you take certain medications, like CellCept, you should avoid certain birth control methods (birth control shot, implant, IUD). Talk to your doctor about which methods are safe for you based on the medications you take.



If you or someone you know has experienced sexual violence, you can call the National Sexual Assault Telephone Hotline at (800) 656-4673 for confidential and support and information

Would your chronic kidney disease likely affect your ability to get someone pregnant or to become pregnant?

For men with CKD, medications like Imuran can lower the amount of sperm their body produces, making it a little more difficult to get someone pregnant. When a man stops taking this medication, his body's sperm production goes back to normal and his ability to get someone pregnant goes back to normal.

Because of CKD, some women's bodies are not strong enough to carry a baby which can lead to dangerous and sometimes deadly health problems for both mom and the baby. Also, some medications that women take for CKD can be harmful to an unborn baby.

NOT Dangerous for an Unborn Baby



ferrous sulfate
hydrochlorothiazide (hydrodiuril)
pepcid (famotidine)
vitamin D



MIGHT BE Dangerous for an Unborn Baby



amlodipine (norvasc)
lasix (furosemide)
prednisone
prograf (tacrolimus)
renagel (sevelamer)
sodium bicarbonate



DEFINITELY Dangerous for an Unborn Baby

atenolol
cellcept (mycophenolate)
cyclosporine (gengraf/neoral/sandimmune)
enalapril (vasotec)
imuran (azathioprine)
lisinopril
plaquenil (hydroxychloroquine)



Ask your doctor
if you have any
questions about
your
medications!

List the medications you take
that could be dangerous to
an unborn baby:



Would being on dialysis likely affect your ability to get someone pregnant or to become pregnant?

Being on dialysis can lower the number of sperm a man produces. Having fewer sperm makes it more difficult to get a woman pregnant. When a man goes off of dialysis, the number of sperm his body creates goes back to normal and the ability to get a woman pregnant goes back to normal, too.

Getting pregnant on dialysis is very risky for both a mom and her unborn baby. Being pregnant puts extra stress on women's kidneys, making their CKD worse. This can cause dangerous and sometimes deadly health problems for both a mom and her baby.