

FAMILY PLANNING OPTIONS

Deciding how to grow your family is personal, and it can feel especially complex for people with a Fragile X premutation or full mutation. There is no single “right” approach. Different options may feel right depending on your values, goals, medical considerations, and comfort level. Learning about family planning options can feel overwhelming, and it’s common to experience a mix of emotions, including hope, uncertainty, excitement, and worry, as you explore what path may be best for you.

UNDERSTANDING MY FRAGILE X STATUS

People who have a Fragile X premutation or full mutation can pass the *FMR1* gene change to their children. Knowing your repeat size can help guide healthcare decisions and family planning choices. Some people prefer to learn as much as possible before pregnancy, while others may choose not to pursue testing or detailed information at that time. A genetic counselor and fertility specialist can help you understand your results, discuss options, and support you in making decisions that feel right for you.

WHAT ARE MY OPTIONS?



Conceiving naturally without genetic testing: Some individuals or couples choose to try for pregnancy without pursuing any genetic testing before or during pregnancy. All genetic testing is optional – you do not have to do it. If you change your mind, testing may be possible at a later time.

Conceiving naturally with testing during pregnancy: If you would like more information during pregnancy, there are two procedures that can determine a fetus’s Fragile X status.

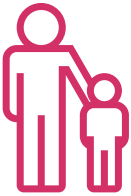
- Chorionic villus sampling (CVS)
- Amniocentesis (often called an amnio)

These tests collect samples used to evaluate the fetus’s genetic information. Your healthcare provider will discuss and review the procedures, possible risks, and answer any questions you and your partner may have.





In-vitro fertilization (IVF): Some individuals or couples consider IVF as part of their family-building plan. IVF involves creating embryos in a fertility clinic and then transferring an embryo to the uterus to achieve pregnancy. People may choose IVF for many different reasons (medical, emotional, personal, or practical). Additionally, embryos can also be tested via PGT-M to help determine whether an embryo has inherited the *FMR1* gene change before it is transferred. This testing is optional and can be expensive.



Donor eggs, sperm, or embryos: Some individuals or couples consider using donor eggs, donor sperm, or donor embryos. These options involve using reproductive cells or embryos from a donor rather than from one or both intended parents. These options can remove the chance of passing on the *FMR1* gene change, if that is an important consideration for you. This option may require the use of IVF.



Adoption: Individuals or couples who wish to grow their family without using their own genetic material, are unable to do so, or simply want to explore other options, may choose to adopt or foster. Adoption can be a lengthy process, involving a variety of legal processes and requirements.

Choosing not to have children: Some individuals or couples decide that having children is not the right path for them. This choice can come from many places – personal values, life goals, health considerations, financial priorities, or simply a sense that their family feels complete as it is. No matter the reason, this is a personal choice that is yours to make.

WHO SHOULD I CONSULT WITH?

It can be helpful to work with a genetic counselor and a fertility specialist who are familiar with Fragile X. They can help explain your options, answer questions, and support you as you make decisions that feel right for you. You do not have to make every decision at once. It is okay to ask questions, take time to think things through, pause the conversation, and return to it later when you feel ready.



Want to know more?

- fragilex.org/premutation/reproductive
- fragilex.org
- contact@fragilex.org

