

Dear patients:

The Stanford Fertility and Reproductive Health team wishes you a Happy New year! Our team is hopeful that the new COVID-19 vaccines will help protect our patients and end the global pandemic. Many patients have questions and concerns about the new COVID-19 vaccines, especially those trying to get pregnant. We want to make sure our patients have the information they need about vaccines. This letter will explain about what we know from research, and offer our recommendations.

Here is what we know:

- Pregnancy is a risk factor for COVID-19.
- Vaccines are not expected to have any negative effects on pregnancy.
- COVID-19 vaccines have mRNA. mRNA gives the cells instructions so the body can make what it needs to fight the virus.
- Pregnant and lactating women were not part of the vaccine trials but the Food and Drug Administration (FDA) approved the vaccine for these patients. Monitoring systems are in place to monitor the possible effects of vaccine administration in pregnant women.
- The American Society for Reproductive Medicine, the American College of Obstetricians and Gynecologists, the Society for Maternal Fetal Medicine and the U.S. Centers for Disease Control and Prevention states that there is no reason to delay pregnancy.

Here is what we recommend:

- We strongly encourage vaccination when it is available to the general public.
Please visit <http://covidvaccine.stanfordchildrens.org/> to learn about scheduling your appointment.
- Patient should continue to protect themselves and others by
 - **Wearing a mask.** Masks can save lives.
 - **Washing hands often.** Handwashing stops the virus from spreading.
 - **Keeping a distance.** Staying 6 feet apart from others minimizes the risk of virus transmission.

Here is what we do not recommend:

- The vaccine has some side effects, like fever. We do not recommend scheduling an embryo transfer or IUI in the 3 days before, or 3 days after getting the vaccine.

The Stanford Fertility and Reproductive Health program team strongly encourages you to have the COVID-19 vaccine as soon as you become eligible. These recommendations are based on our current understanding. COVID-19 vaccines are new and we are learning more about them every day. We will let you know if there are changes or if there is any new information regarding the vaccine. **We are available to help make the best decision for each individual situation.**

Sincerely,

The Stanford Fertility and
Reproductive Health Care Team