

# FEMALE SEXUAL HEALTH

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Note: This is not a test.** This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

**This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.**

**1. Women with CF are infertile (cannot have children).**

- a) True
- b) False

**2. Which of the following are effective means of contraception or birth control?**

- a) Birth control pills
- b) Pull-out method/withdrawal
- c) Condoms
- d) Implanted birth control methods (Implanon (Rod), Intrauterine Device (IUD))
- e) Answers a, c and d

**3. A woman with CF who is thinking about becoming pregnant should:**

- a) Stop her chest therapy/physiotherapy
- b) Take all of her current medications without consulting her doctor
- c) Consult with her CF care team about a proper care plan
- d) Continue on the exact same medical regimen as before pregnancy

**4. Which of the following have been known to spread sexually transmitted infections (STI)?**

- a) Limiting your number of sexual partners
- b) Using a latex condom
- c) Getting immunised against human papillomavirus (HPV)
- d) None of these

**5. Which of the following are effective ways to prevent the spread of STIs?**

- a) Get vaccinated against HPV and hepatitis B
- b) Use condoms consistently and correctly
- c) Don't drink alcohol excessively or use drugs
- d) Avoid anonymous, casual sex
- e) All of the above

**6. Women with CF have a higher risk of:**

- a) Miscarriage
- b) Ovarian cysts and polyps
- c) Endometriosis
- d) None of the above

**7. Risk factors, like having a pre-term (born significantly before the baby was due) baby, increase when you are pregnant if you:**

- a) Have more severe lung disease
- b) Have CF-related diabetes
- c) Have a low BMI
- d) All of these

**8. If you choose to breastfeed, you will need extra calories to keep your milk supply high enough for your baby to grow.**

- a) True
- b) False

**9. There is a 50% chance of passing CF onto your child if:**

- a) You use in vitro fertilization or IVF (a process by which an egg is fertilized by sperm outside the body) to conceive your child
- b) Your partner is a CF carrier
- c) Your partner is Caucasian
- d) All of these