



# Haven't started treatment yet? Here's your discussion guide.

These questions can help you get the conversation started so you can take the next step forward in your fertility journey.

- What could be some reasons I'm having trouble getting pregnant?
- Does my family's health history make a difference in fertility?
- Are there certain health conditions that make it more difficult to conceive?
- How can we tell if the problem might be with me, my partner, or both of us?
- Could my age be a reason I'm having difficulty getting pregnant?
- Are there things in my daily life (like stress, diet, or exercise) that could affect my chances?
- How long should I keep trying before having tests done?
- What are some steps I can take while waiting for more information or tests?
- What kind of tests do you recommend, and how do they work?
- Can you help me understand my test results?
- What are my different treatment options?

