

# Get the most out of your first visit



## WHAT TO HAVE ON HAND

Whether your appointment is in-person or virtual, we can help you prepare. Make sure you have these things ready:

- Call ahead of time to have your OB/GYN send relevant medical records—like surgeries, recent Pap tests, and a list of any medications you take—over to your fertility specialist’s office
- Gather copies of any previous fertility workups you or your partner have had
- Have insurance information available for you and your partner
- Have a list of concerns/observations about your cycle
- Write down all of your questions and concerns before the appointment starts
- Have a support person with you on the call or at the in-person appointment as allowed by clinic guidelines
- Keep a paper and pen handy to write down notes



If your appointment is virtual, you should download all necessary software beforehand and do a test run. If you have questions or experience difficulties, reach out to the clinic for help.



## WHAT TO ASK YOUR FERTILITY SPECIALIST

Don’t be afraid to speak up about your concerns—this is your time!

### Diagnosis and cost

- I’ve had some tests already. Will you need to repeat them?
- Which tests will you be running? Can you explain them to me?
- How long will it take to diagnose the problem?
- What are some of the factors that can contribute to my fertility challenges?

## Diagnosis and cost (continued)

- Does my age matter?
- Will my insurance pay for testing and/or treatment? If not, how much will it cost?
- Do you offer financial options for treatment, or a coordinator to walk me through cost and coverage?

## Treatment and side effects

- How will we come up with my treatment plan?
- Is there anything we can do to optimize our chances of getting pregnant?
- Can you share the pregnancy success rates for my age group?
- Are there differences in the success rates of various treatments?
- What are the side effects of the treatments we're discussing?
- What is the time commitment (ie, will I need to take lots of time off work)?

## The clinic and your fertility specialist

- Will I always get to see you, or will there be other doctors/nurses involved in my treatment and procedures?
- Will all my procedures be done here? Do you have satellite offices?
- Who can I call when I have questions?