

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?