

CONVERSATION GUIDE:

Fertility Testing and Treatment

If you're having trouble conceiving, seeing a fertility doctor may be an important step toward building your family. This tool can help you prepare your questions in advance so you can make the most of your first appointments.

Simply select the appropriate questions and print to help guide your discussions with your doctor and other clinic staff.

ABOUT THE FACILITY

- How many fertility doctors are in the clinic?
- Will I meet with all doctors in the clinic or just you?
- What procedures are done here?
- Will you be doing all of my procedures?
- Does the facility have the ability to store frozen sperm, eggs, or embryos?
- Does the clinic assist in finding sperm, egg, or embryo donors?
- Does your clinic provide emotional counseling, or can you refer me to a counselor who deals with fertility problems?
- Will I have weekend or evening appointments?
- Who should I contact if I have questions or concerns outside of office hours?
- How does your staff communicate updates to patients?

ABOUT TESTING

- What specific tests do you recommend for me?
- What specific tests do you recommend for my partner?
- How long will it take to receive a diagnosis?
- Is testing performed in the clinic?
- How many office visits can be expected?

ABOUT TREATMENT CYCLES

- Based on my test results, what are your recommended treatment options?
- What are the chances of conceiving with each recommended treatment?
- What are common side effects for the medications I'll have to take and the procedures I'll have to undergo?
- For a patient like me, how many cycles are typically needed to achieve a successful outcome?
- How many cycles of oral medications will we try before we move to another treatment?
- How many cycles of ovulation induction (OI) will we try before moving on to in-vitro fertilization (IVF)?
- How many intrauterine insemination (IUI) cycles do you recommend before moving to IVF?
- Do you prefer fresh or frozen embryo transfers?
- How many embryos would you recommend transferring in my situation?
- Do you recommend embryo transfer on the 3rd or 5th day?
- What is the success rate for IVF live births per embryo transfer at your facility for patients like me?
- Are there any risks to treatment?
- Are there any lifestyle changes you recommend to improve the chances of conception?
- What are your thoughts about using alternative medicine (acupuncture, meditation, homeopathy) in addition to your treatment?
- What can I do now to prepare my body for treatments and/or future pregnancy?
- What can my partner do to prepare their body?

