

CONVERSATION GUIDE: LGBTQ+ Family Building

If you identify as LGBTQ+ and are looking to grow your family, seeing a fertility doctor may be an important step toward parenthood. 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?
- Do you and your staff have sensitivity training or experience working with couples who identify as LGBTQ+?
- Is your clinic experienced in working with transgender clients who have undergone hormone replacement therapy?
- 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 your clinic offer egg or sperm freezing and banking? What is your success rate with freezing eggs?
- Does the clinic assist in finding sperm, egg, or embryo donors?
- Does your clinic provide emotional counseling, or can you refer me to an infertility counselor?
- 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?
- Can your clinic assist with finding donor sperm, eggs, or embryos?
- Can your clinic assist with finding a surrogate, or does your clinic have a relationship with a surrogate agency?

ABOUT SERVICES AND TREATMENT CYCLES

- What are your recommended treatment options for me?
- 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 intrauterine insemination (IUI) cycles do you recommend before moving to in-vitro fertilization (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?
- What psychological support do you offer for LGBTQ+ family building?
- What legal support do you provide for people using third-party reproduction methods?

ABOUT SERVICES AND TREATMENT CYCLES

What tests will be done before treatment?

For couples where both partners produce sperm:
Does your clinic offer dual insemination?

For couples where one or both partner(s) want(s) to become pregnant: Does your clinic offer reciprocal or co-IVF?

What treatments do you offer transgender people?

ABOUT PAYMENT

Does your clinic take my insurance?

Will my insurance pay for infertility testing and treatment?

Will your clinic help me determine what my insurance will cover?

How much will the recommended treatment(s) cost and what does that price include?

Does your clinic have programs to help me pay for treatment and services?

Do you offer discounts for multiple cycles?

NOTES

