

# Preparing for your fertility specialist visit



## What to bring

First and foremost: bring your partner! If they're unavailable, consider bringing a family member or close friend—you'll want a second set of eyes and ears. In addition, you'll want to bring the items below.

- Relevant medical records** (surgeries, recent Pap tests, a list of any medications you take—your OB/GYN can have these sent over in advance)
- Copies of any previous fertility workups you or your partner have had**
- Insurance information for you and your partner**
- A list of concerns/observations about your cycle**



## What to ask your RE

Don't be afraid to ask your RE anything and everything—and to take notes!

### Diagnosis and cost

- I've had some tests already. Will you need to repeat them?
- How long will it take to diagnose the problem?
- 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)?
- When it comes to the different treatment options, how many embryos do you usually transfer per cycle?

### The clinic and your RE

- 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?



#### PSST!

Did you know you can check fertility clinic success rates online?

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