Preparing for Your First Fertility Clinic Appointment

A PRACTICAL CHECKLIST TO HELP YOU FEEL MORE PREPARED, ORGANIZED, AND SUPPORTED.

Your first fertility appointment can bring a mix of emotions—hope, anxiety, relief, uncertainty, or all of the above. You do not need to arrive knowing exactly what to ask or what comes next. Use this checklist to gather information, think about what matters to you, and keep track of questions you want to discuss with your care team.

Before Your Appointment

GATHER WHAT YOU ALREADY KNOW

- [ ] Relevant medical and surgical history
- [ ] Previous pregnancies, pregnancy losses, or fertility treatment history
- [ ] Menstrual or cycle information, if relevant
- [ ] Current medications, vitamins, and supplements
- [ ] Previous fertility testing, imaging, or laboratory results
- [ ] Relevant family medical or reproductive history
- [ ] Information about prior evaluation or treatment from other providers

If you are pursuing family building with a partner, ask the clinic what information or records they would like from each of you.

Think About What You Want to Understand

YOU DO NOT NEED TO ASK EVERY QUESTION BELOW. CIRCLE, HIGHLIGHT, OR CHECK THE ONES THAT FEEL MOST IMPORTANT TO YOU.

- [ ] What evaluations or testing might be recommended for my situation?
- [ ] What will each test help us understand?
- [ ] Are there different treatment or family-building options I should know about?
- [ ] What factors might influence which options are recommended?
- [ ] What might the general timeline look like?
- [ ] What decisions might I need to make along the way?
- [ ] Are there medications or procedures I may need to learn more about?
- [ ] Who should I contact if I have questions between appointments?

Consider the Practical Side

FERTILITY CARE CAN INVOLVE MORE THAN MEDICAL DECISIONS. IT IS OKAY TO ASK ABOUT LOGISTICS, FINANCES, AND COMMUNICATIONS.

- [ ] Ask what your insurance may or may not cover
- [ ] Ask how medication, laboratory, procedure, and storage costs are handled
- [ ] Find out how appointments and monitoring are typically scheduled
- [ ] Ask whether some appointments require a partner or support person
- [ ] Learn how test results and treatment updates are communicated
- [ ] Ask who to contact about billing, insurance, medications, or scheduling

My Questions

USE THIS SPACE FOR ANYTHING YOU DO NOT WANT TO FORGET.

1. _____
2. _____
3. _____
4. _____
5. _____

Make Space for the Emotional Side

FERTILITY CARE CAN AFFECT YOUR EMOTIONAL WELL-BEING, RELATIONSHIPS, WORK, ROUTINES, AND SENSE OF CONTROL. THESE CONCERNS BELONG IN THE CONVERSATION, TOO.

What am I feeling most strongly right now?

_____

What am I most worried about?

_____

What information would help me feel more grounded or informed?

_____

Who can support me before or after this appointment?

_____

Before You Leave

- [ ] I understand what happens next
- [ ] I know whether testing or follow-up appointments need to be scheduled
- [ ] I know how and when I will receive results
- [ ] I know who to contact if I have questions
- [ ] I wrote down anything I want to think about before making a decision

A Gentle Reminder

You do not have to understand everything at once. It is okay to ask a provider to slow down, explain something differently, repeat information, or give you time to think. Fertility and family-building decisions can involve medical, emotional, financial, relational, and personal considerations.