

Checklist for your first IVF/ART Appointment

What to bring or have ready – for both you and your partner

- Copies of all medical records.
- Copies of all tests done.
- List of all current medications, vitamins, herbs or any supplements you are taking. Include the amount of each dose and how often you take them.
- Information about any medical conditions you currently have or have had in the past.
- Information about any previous evaluations or treatments for infertility.
- Information about any previous pregnancies and any miscarriages.
- The age of your first menstruation.
- Details about your cycle including how regular it is, how long it is on average, whether the flow is heavy or light and if you suffer from PMS or painful periods.
- Information on how long you have been actively trying to become pregnant.
- Details on your frequency of intercourse.
- Records of basal body temperature, results of ovulation predictor kits or fertility charting.
- A notebook and pen to write down any information or instructions from your doctor.
- A portable folder so that you can store any brochures, information or documents your doctor or clinic provides you with.

Anything else that is important? – Write it here to remind yourself to cover it

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A list of questions you might choose to ask your doctor

Highlight or tick the questions that you want to ask. There is also some space below to write your own questions and make additional notes.

1. How long will it take to diagnose our issues?
2. Based on our medical history, what specific challenges do you foresee?
3. What specific tests would you recommend for diagnosing my/our infertility?
4. How much will the tests cost?
5. What parts of my treatment or testing if any, are covered by insurance?
6. Where will the testing or treatment procedures take place, on site or at a separate facility?
7. Do you do your own testing, or do you have someone else do it for you?
8. Based on the results of the tests you recommend, what will be our treatment options?
9. What's the potential timeline for our case before I might become pregnant?
10. What are the benefits of the treatment you've recommended and why do you think it's the best option for me?

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11. How many patients at your clinic have had this treatment in the last two years, how many of them have become pregnant and how many have had a healthy baby?
12. Are there any alternative treatments to what you have recommended? If so, what do they involve, and why do you think they are less suitable for me?
13. What other options are available if this treatment doesn't work?
14. How does my age affect the choice of fertility treatment?
15. What medication(s) will I have to take?
16. What are some side effects that the medication may cause?
17. What are the possible risks of this medication?
18. Can I get my medication from elsewhere or do I have to purchase it from you?
19. What is the cost of these medications?
20. How will I take the medication, injection or another way?
21. Is a nurse able to give my partner some training on how to do the injections?
22. Are there any alternatives to the medications you have mentioned?
23. How can I change my lifestyle to boost my chance of success? How will this help?
24. If you are overweight or obese – Am I eligible for fertility treatments at my current BMI or will you require me to lose weight before I become eligible?
25. What physical and emotional symptoms can I expect from treatment?
26. What kind of counselling or support service do you provide? What can it help me with?
27. Is counselling onsite, do I go somewhere else or is it phone based counselling?
28. Is there a charge for counselling or how many free sessions can I have?
29. How many counselling sessions can I have?
30. Is counselling done as a couple or are separate sessions available for each of us to discuss experiences or concerns separately?
31. If I don't take up counselling now, will you reoffer it later?
32. Is counselling mandatory?
33. Does this clinic have a patient support group I can join or are there other support groups that you would recommend?
34. Could you tell me more about how you will assess me before I proceed to treatment?
35. Will I be provided with the contact details of someone at the clinic to answer any medical or other questions I might have in between appointments?
36. When is the best time to contact the clinic?
37. Are there any extra costs that might arise for extra tests or egg or embryo freezing?
38. Can you provide me with a written breakdown of the cost of my treatment plan?
39. Is there any way that these treatment costs can be reduced?
40. Do you offer egg-sharing schemes?
41. How many times will I need to visit the clinic and what for?
42. What consents do I need to provide and why?
43. How will my personal information be stored and used?
44. What types of specialized treatments or procedures does your clinic offer?
45. Do you offer any genetic testing?
46. Do you have any doctors that specialise in my specific fertility issue?
47. How much does each fertility treatment or cycle cost?
48. Is there any refund if my treatment must be cancelled or if it isn't successful?
49. What support is provided if treatment stops or fails?

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50. What is the national success rate for this treatment in terms of live births? What is this clinic's success rates? What is the success rate for someone of my age who has a similar diagnosis to me?
51. How many patients do you see who are in my age group? How many have my specific fertility problem?
52. What are the live-birth success rates for my age group and with this treatment option?
53. Why has IVF been recommended and not intrauterine insemination (IUI), or vice versa?
54. Why has IVF been recommended and not intracytoplasmic sperm injection (ICSI), or vice versa?
55. What role does your nursing staff play in patient treatment and contact?
56. How is communication handled at the clinic, phone, email or another appointments?
57. What are the office hours and what number should I call with problems or questions?
58. Is there an out-of-hours emergency number?
59. What should I do if I have any bleeding or health issues during my treatment and I think I need to see a doctor urgently?
60. Who will I be able to contact during my treatment if I have any questions?
61. How often will staff communicate with me and provide updates?
62. Do you have weekend or evening appointments available?
63. Does your clinic perform procedures on weekends and holidays?
64. Can you provide me with a medical certificate for work if I want to take leave during my treatments?
65. How many embryos do you typically retrieve and transfer for patients like me?
66. Do you prefer fresh or frozen embryo transfers (FET) and why?
67. How does cycle monitoring work?
68. Do you sync IVF cycles?
69. How many cycles do you perform at this clinic each week/month?
70. How often will I see a doctor?
71. Will I see the same doctor(s) and nurses throughout my treatment?
72. Who will do the embryo transfer, a doctor or a nurse?
73. Will anyone contact me during the two-week wait after my embryo transfer to check-in?
74. If I start bleeding during the two-week wait what should I do?
75. What should and shouldn't I do during the two-week wait?
76. In my situation, are fresh transfers more likely to result in successful implantation than frozen embryo transfers?
77. Can you outline a cycle at your clinic, what is involved and what type of timeline do you use, from start to finish?
78. What is your policy on embryo transfers? 1 or 2?
79. Do you perform embryo transfers on the 3rd or 5th day?
80. How often does this clinic have cases of OHSS (hyperstimulation)?
81. How experienced are the lab technicians and embryologists?
82. Are there any lifestyle changes you recommend that might increase our odds of conceiving?
83. What are your feelings around alternative medicine (acupuncture, homeopathy, meditation, naturopathy and nutrition)?
84. Do you want me to ask you first if I want to see a natural practitioner?
85. What happens next after we leave today?

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86. Are there any waiting lists or how long do we need to wait before we can start our treatment at this clinic?
87. Do we need to do anything now?
88. Is there anything that we shouldn't do now, or stop doing once treatment starts?
89. What type of exercise can I do, or can I continue to do (insert) during my fertility treatments?
90. Are there any dietary changes or restrictions I need to make during my fertility treatment?
91. When can we start treatment, and is there anything else I need to complete prior to being able to start?
92. If my treatment isn't successful what role, if any will the clinic play in helping me locate donor eggs or sperm?
93. Donors - Will both my partner and I be the legal parents of the child?
94. Donors - What information can I find out about my donor?
95. Donors - What information can my child find out about the donor?

What other questions do you want to ask your doctor or the clinic – *write them here*

Notes: