

First Fertility Clinic Appointment: Questions to Ask

Initial Evaluation & Testing

- What tests will we (or I) need to determine the cause of infertility?
- How long will the testing process take?
- Will both partners need to be tested? What's involved for each?
- Can you explain the meaning of AMH, FSH, and other hormone levels?
- What are my chances of conceiving naturally based on my initial results?

Diagnosis & Fertility Health

- What could be contributing to my fertility challenges?
- Are there any lifestyle or health factors I should address right away?
- Do you suspect PCOS, endometriosis, low sperm count, or another condition?
- Will we be given a formal diagnosis, and when?

Treatment Options

- Based on my history, what fertility treatments would you recommend first?
- What are the success rates for IUI vs. IVF in my situation?
- Would you recommend trying timed intercourse or ovulation induction first?
- How do you determine when to move from one treatment to the next?

Cost & Insurance

- What is the cost of each treatment (IUI, IVF, egg freezing, etc.)?
- Do you accept my insurance, and what's covered?
- Are there payment plans, grants, or financing options available?
- What does your clinic charge for consultations, bloodwork, ultrasounds, etc.?

Support & Communication

- Will I have a primary point of contact or fertility coordinator?
- What support services do you offer (counseling, support groups, nutrition, etc.)?
- How can I reach someone after hours or in case of a medication issue?
- What emotional or mental health resources do you recommend during this process?

Timelines & Expectations

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- What is the typical timeline from testing to beginning treatment?
- How soon could I start treatment if everything looks good?
- What happens if my first treatment cycle fails?
- How many cycles do you typically recommend before reevaluating?

Egg/Sperm/Embryo Options

- Should I consider egg or embryo freezing at this stage?
- Do you offer donor egg, sperm, or embryo options in-house?
- How are donor materials screened and selected?

Clinic Policies & Logistics

- How often will I need to come into the clinic?
- Do you perform procedures (like egg retrieval or embryo transfer) in-house?
- What are your lab's success rates and how are they measured?
- Can you provide printed or online resources to review after this appointment?