



Not actual patient

Your first fertility appointment is a step forward. Here is a checklist to help you as you start.

Consider bringing the following items (if applicable):

- ☐ Something to take notes with
- ☐ Your medical history, including medications that you take regularly (consider asking your ob-gyn to send your medical records ahead of your appointment)
- ☐ Results of your most recent Pap tests
- ☐ Copies of any previous fertility evaluations or test results
- ☐ Your family medical history (if genetic disorders or fertility challenges are common in your family)
- ☐ Your sexual history
- ☐ The name of your insurance provider, details about your insurance plan, and your medical and pharmacy benefits cards (your fertility team can also help with getting details about your plan from your insurance provider)

Be prepared, as your fertility specialist may ask some of these common questions about your physical and sexual history:

- ☐ What is the frequency and regularity of your menstrual cycle?
- ☐ When was your last period?
- ☐ Have you experienced pelvic pain?
- ☐ Have you experienced abnormal vaginal discharge or bleeding?
- ☐ Have you had pelvic infections, illnesses, or surgeries in the past?
- ☐ Have you had prior pregnancies or miscarriages?
- ☐ Which contraception methods, if any, have you used in the past?
- ☐ Do you have any pain or difficulty during intercourse?
- ☐ How often do you have intercourse?
- ☐ How long have you been trying to conceive?
- ☐ Does your family have a history of birth defects?