



Not actual patients

To support your fertility journey, your fertility clinic should understand your needs.

Below are a few tips to help you find the right fertility clinic for you.

Tip 1

Check if the fertility clinic you are interested in is a member of the Society for Assisted Reproductive Technology (SART). You can use SART to find important details about member clinics, like their fertility treatment success rates.

Note: Recently established clinics may still be working on their SART membership.

Tip 2

When choosing a clinic, pay special attention to the first consultation. Here are a few things to keep in mind:

1. Did your fertility specialist ask all the right questions when it came to your family-building goals?
2. Did they take time to answer all your questions?
3. What is their communication style, and does it match your needs?
4. Can they “give it to you straight,” or do you need someone with a gentler approach?

Tip 3

You may get a good feeling from your first consultation, but remember to do a background check. Make sure they are board certified in reproductive endocrinology and infertility. It is also okay to just ask them.

Tip 4

Remember, personal recommendations can be an option. Do you know someone who has completed their fertility journey? They may be able to provide support and advice, so consider asking them.

Tip 5

Convenience is important. There may be many early-morning office visits along the way, so make sure your clinic has flexible office hours and isn't too far from home (or work).

Bonus tip

Listen to your gut. Remember, your fertility journey is a marathon, not a sprint. If something feels off, do not ignore that feeling. Don't be afraid to make a change and take the time to ask all the questions you can think of.