

## DOCTOR DISCUSSION GUIDE

To determine why you might be having trouble conceiving, your doctor will ask you many detailed questions about your medical history and your personal life, as well as conduct an initial work-up.

And, of course, you will have many questions of your own as you go through fertility testing. So, it's a good idea to keep a notebook handy to jot down those questions as they arise, and bring them to your appointments. You can use this checklist as a starting point for developing a list of questions to ask.

### About the health care professional:

- What are the credentials for treating infertility?
- What is your own experience? Why are you interested in infertility treatment?
- What approach will you take?
- What are your success rates for patients my age with my condition in your program?
- Do you participate in clinical trials? If I am eligible, will I be able to participate?
- Are you comfortable with me doing my own research and discussing different treatment options?
- What is your opinion about complementary medicine such as massage, acupuncture, and relaxation?
- How will I communicate with you? Do you return phone calls the same day? Do you call back personally if I request it?
- What role does the nursing staff play? Do they return calls or do you?

### About logistics:

- What are the office hours? Is the office open on weekends, evenings, holidays?
- Are there special times designated for patients to call-in with questions?
- Who speaks with your patients? A physician? A nurse? Someone else?
- Is there any sort of waiting list for the treatment?
- How will you monitor my treatment and how often?
- Will you always perform treatment monitoring or is it possible that on occasion another physician or a nurse might monitor?

### About services:

- Which tests are performed in the office? Elsewhere?
- Who performs which procedures? Will the same health care provider be present throughout the testing process or will others in the practice also be involved?
- Where is lab work done?

### About testing:

- How do you determine what approach a couple should take?
- How soon can you start the testing?
- How long will it take to diagnose our problem? (Your doctor should be able to give you a time frame for the diagnostic procedures.)
- Which tests will be done?
- What does the recommended test involve?
- How long will it take to complete the testing? Are there "benchmarks" that determine whether further testing is necessary?
- Are there lifestyle changes I or my partner can make to enhance my fertility?

### About finances:

- How much does each test cost? What does the fee include?
- Which insurance plans do you accept?
- Do you offer ways to reduce costs? Any "package deals" or payment plans?

### About resources:

- What patient education materials do you provide?
- Can you recommend books or resources to help?
- Should counselling be considered during the testing process?
- Do you provide any support services for your patients, such as support groups?
- Do you have mental health counselors on staff or a referral list of infertility counselors?
- Do you have a geneticist on staff?

### Add your own questions here:

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