

47 questions to ask your fertility doctor

Print this, or keep it open on your phone. Tick the ones that matter to you, write the answers in the margin, and don't apologise for asking. These questions come from women who have sat in these appointments and left with more questions than they arrived with.

1. Before you book: choosing the clinic

These are worth asking the front desk or nurse line before you ever sit down with a doctor.

- ☐ Is the doctor I'm booked with a reproductive endocrinologist, or a general OB-GYN?
- ☐ Will I see the same doctor at every visit, or rotate through the practice?
- ☐ How long is the wait for a first consultation, and for a follow-up after testing?
- ☐ Do you take my insurance, and do you have a financial counselor on staff?
- ☐ What are your live birth rates for people my age and diagnosis, and are those numbers per cycle or per transfer?
- ☐ How do I reach someone with an urgent question outside office hours?

2. At your first appointment

The first consult moves fast. Ask these early so the rest of the appointment has direction.

- ☐ Based on my history, what do you think is going on, and what would change your mind?
- ☐ What tests do we need before you can give me a real answer, and how long will results take?
- ☐ Which tests should my partner have, and when?
- ☐ What is a realistic timeline from today to starting treatment?
- ☐ What should I be doing in the meantime, if anything?
- ☐ How much time do we have before my options narrow, given my age and diagnosis?
- ☐ Can I get copies of every result, and how do I access my records?

3. Understanding your diagnosis

Push for plain language. A diagnosis you can't explain to someone else isn't one you can make decisions with.

- ☐ Can you explain my diagnosis in plain language, and write it down for me?
- ☐ What caused this, as best anyone can tell, and could it change over time?
- ☐ How does this specifically affect my chances of conceiving and carrying a pregnancy?
- ☐ Does this condition affect anything beyond fertility, like my long-term health?
- ☐ Are there other conditions that are commonly missed alongside this one, like PCOS, endometriosis, adenomyosis, or thyroid issues?
- ☐ Is there anything in my results you'd want a second opinion on?

- ☐ What would you want to know if you were in my position?

4. Treatment options and next steps

Ask for the full menu, not just the first recommendation.

- ☐ What are all of my options, including the ones you're not recommending, and why?
- ☐ What are the success rates for this specific option, for someone with my profile?
- ☐ What happens if the first cycle doesn't work? How many cycles do you usually recommend before changing course?
- ☐ What are the side effects, short term and long term, and which ones mean I should call you?
- ☐ How will this affect my daily life, work, and travel?
- ☐ Is there a less invasive option worth trying first?
- ☐ Would you recommend genetic testing, and what would we do with the results?
- ☐ What are my options for preserving fertility before treatment, if that applies?
- ☐ If this doesn't work, what does the path look like after that: donor, surrogacy, adoption, or stopping?

5. Cost, coverage, and the fine print

Ask about money in the same appointment as the plan. The estimate and the invoice are rarely the same number.

- ☐ What is the all-in cost of this cycle, including medications, monitoring, anesthesia, and lab fees?
- ☐ What is not included in the quoted price?
- ☐ What does my insurance cover, and what needs pre-authorization?
- ☐ Are there refund, multi-cycle, or shared-risk programs, and what disqualifies me from them?
- ☐ What are storage fees for embryos or eggs, and when do they start?
- ☐ What happens financially if a cycle is cancelled partway through?
- ☐ Are there grants, discounts, or pharmacy programs your patients use?

6. Your body, your mental health, and the follow-up

This is the part that gets skipped most often. It is also what most women say they needed most.

- ☐ Who checks in on me between appointments, and how?
- ☐ Do you have a counselor, therapist, or support group you refer patients to?
- ☐ What symptoms are normal during treatment, and what warrants an emergency call?
- ☐ How do we manage my pain, and what do I do if the plan isn't working?
- ☐ If this cycle fails, what does the conversation afterward look like, and who schedules it?
- ☐ Can my partner or a support person join appointments, virtually or in person?
- ☐ If I need to pause or stop, how do I do that without losing my place here?

7. Questions for a second opinion

Getting a second opinion is normal and does not offend a good clinic. These help you compare fairly.

- ☐ Would you have ordered the same tests, and is anything missing?
- ☐ Do you agree with the diagnosis and the proposed protocol? If not, what would you do differently?
- ☐ Is there anything about my case you'd consider unusual?
- ☐ What would make you say a different clinic is a better fit for me?

Common questions about the appointment itself

What questions should I ask at my first fertility appointment?

Start with the four that shape everything else: what do you think is going on based on my history, what tests do we need before you can answer that, what is a realistic timeline to starting treatment, and how much time do we have given my age and diagnosis. Then ask how to get copies of every result. Bring a written list, because first consults move quickly.

How do I ask my fertility doctor about cost?

Ask for the all-in cost of a cycle including medications, monitoring, anesthesia and lab fees, then ask specifically what is not included in that number. Follow up on pre-authorization requirements, refund or multi-cycle programs, embryo or egg storage fees, and what happens financially if a cycle is cancelled partway through.

Is it rude to get a second opinion on fertility treatment?

No. Second opinions are routine in fertility care, and reputable clinics expect them. Ask the second doctor whether they would have ordered the same tests, whether they agree with the diagnosis and protocol, and what they would do differently. You are comparing approaches, not questioning anyone's competence.

What should I bring to a fertility consultation?

Bring your written questions, a record of your cycles, any prior test results and imaging, a list of medications and supplements, your family medical history, your insurance details, and a support person if you can. Ask if you can record the appointment or take notes, since it is hard to retain everything in the moment.

What questions should I ask if my fertility treatment doesn't work?

Ask what specifically happened in this cycle and what it tells us, whether the protocol should change, how many cycles you would recommend before changing course, and what the path looks like after that, including donor options, surrogacy, adoption or stopping. Also ask who schedules the follow-up conversation, because that check-in is often the one that gets missed.

Your story can help someone else walk in prepared.

Everflourish is collecting anonymous fertility stories from women who have been through this. Share yours at everflourishcare.com/share.

This checklist is general information from lived experience, not medical advice. Talk to a qualified clinician about your own care.