

Infertility Doctor's Visit Questions

Questions to ask your provider:

- What are the possible reasons we haven't yet conceived?
- What kinds of tests do we need?
- What treatment do you recommend trying first?
- What side effects are associated with the treatment you're recommending?
- What is the likelihood of conceiving multiple babies with the treatment you're recommending?
- For how many cycles will we try this treatment?
- If the first treatment doesn't work, what will you recommend trying next?
- Are there any long-term complications associated with this or other infertility treatments?

Possible questions for couples:

- How long have you been actively trying to get pregnant?
- How often do you have intercourse?
- Do you use any lubricants during sex?
- Do either of you smoke?
- Do either of you use alcohol or recreational drugs? How often?
- Are either of you currently taking any medications, dietary supplements or anabolic steroids?
- Have either of you been treated for any other medical conditions, including sexually transmitted infections?

Questions for men

Your doctors may ask:

- Do you have any difficulties putting on muscle or do you take any substances to increase muscle mass?
- Do you ever notice a fullness in the scrotum, particularly after standing for extended periods of time?
- Do you experience any testicular pain or pain after ejaculation?
- Have you had any sexual problems, such as difficulty maintaining an erection, ejaculating too soon, not being able to ejaculate or reduced sexual desire?
- Have you conceived a child with any previous partners?
- Do you regularly take hot baths or steam baths?

Questions for women

Your doctors may ask:

- At what age did you start menstruating?
- What are your cycles typically like? How regular, long and heavy are they?
- Have you ever been pregnant before?
- Have you been charting your cycles or testing for ovulation? If so, for how many cycles?
- What is your typical daily diet?
- Do you exercise regularly? How much?