

15 Questions to Ask Your Fertility Doctor

A practical checklist for your preconception visit or first fertility appointment. Print it, bring it, and write the answers next to each question.

1. What health conditions or medications of mine could affect getting pregnant or a pregnancy?

Why it matters: Some long-term conditions and some prescription medicines need to be reviewed or adjusted before conception, so it is better to ask early.

Notes: _____

2. Are my vaccinations up to date, and should I have any before trying?

Why it matters: Some vaccines are recommended before pregnancy, and others cannot be given during it.

Notes: _____

3. Should I start a folic acid or prenatal vitamin, and at what dose?

Why it matters: Public health guidance recommends folic acid before conception to help prevent certain birth defects; your doctor can confirm the right dose for you.

Notes: _____

4. Which supplements, herbal products, or over-the-counter medicines should I avoid?

Why it matters: Not everything sold as a fertility aid is proven or safe to take when trying to conceive.

Notes: _____

5. How do my weight, diet, exercise, alcohol, caffeine, and smoking habits affect my chances?

Why it matters: Lifestyle factors can influence fertility and pregnancy health, and your doctor can suggest realistic changes.

Notes: _____

6. Does my personal or family medical history change anything about my plan?

Why it matters: Family history of genetic conditions, early menopause, or pregnancy complications may be worth discussing before you start.

Notes: _____

7. Should my partner and I consider genetic carrier screening?

Why it matters: Screening can show whether you are carriers of certain inherited conditions, which helps you make informed decisions.

Notes: _____

8. What do my cycle length and regularity tell us, and how should I track ovulation?

Why it matters: Irregular or very long cycles can be a sign that ovulation is not happening regularly and is worth checking.

Notes: _____

9. How long should we try on our own before getting tested?

Why it matters: Common guidance is to seek evaluation after about 12 months of trying, or about 6 months if the woman is 35 or older, and sooner in some situations. Ask what applies to you.

Notes: _____

10. What tests would you recommend for me and for my partner, and in what order?

Why it matters: Fertility is shared between partners, so a basic evaluation usually involves both, such as ovulation, ovarian reserve, semen analysis, and checks of the tubes and uterus.

Notes: _____

11. Does my age change the timeline or the options you would suggest?

Why it matters: Fertility declines with age, so age can affect how long it is reasonable to wait before testing or treatment.

Notes: _____

12. What are the treatment options for my situation, and what are the benefits and risks of each?

Why it matters: Options range from timed intercourse and medication to IUI and IVF, and the right step depends on the cause and your circumstances.

Notes: _____

13. What will it cost, what does my insurance cover, and are there other costs to expect?

Why it matters: Coverage for testing and treatment varies a lot by plan and location, so ask for a written estimate and check with your insurer.

Notes: _____

14. What symptoms or signs should make me call you sooner rather than wait?

Why it matters: Severe pelvic pain, very heavy bleeding, or a positive pregnancy test with pain or spotting need prompt medical attention.

Notes: _____

15. What should we do between now and our next visit, and when should we follow up?

Why it matters: A clear plan with dates keeps you from losing months and helps you know what to track and bring next time.

Notes: _____

Sources and further reading

American College of Obstetricians and Gynecologists (ACOG), Planning for Pregnancy:

<https://www.acog.org/womens-health/faqs/planning-for-pregnancy>

U.S. Centers for Disease Control and Prevention (CDC), Preconception Health:

<https://www.cdc.gov/preconception/planning.html>

NHS (UK), Trying for a baby: <https://www.nhs.uk/pregnancy/trying-for-a-baby/>

American Society for Reproductive Medicine (ASRM), ReproductiveFacts.org patient resources:

<https://www.reproductivefacts.org/>

Please note

This guide is general information only and is not medical advice. It is independent and not affiliated with any government agency or medical organization. Talk to your doctor or another qualified health professional about your own situation.