

Your Fertility Consultation Worksheet



Get Prepared

What questions do you want to ask during your consultation?



Doctor's Note

Anything you want to remember from your appointment?



Key Takeaways

How did you feel after meeting with your doctor? Any follow-up questions?

My Next Steps

How do I schedule follow-up appointments (i.e. fertility testing, nutrition, counseling)?

Do I need to request any medical records?

After meeting with your doctor, you will connect with the rest of your Care Team, which includes your nurse, patient navigator, and financial counselor. Any questions for them?

Illume offers a variety of holistic fertility wellness services and support to enhance your journey. Ask your patient navigator or visit **illumefertility.com** for more information.

☐ Acupuncture

☐ Counseling network

☐ Yoga for fertility

☐ Nutritional guidance

☐ Support groups

☐ Special events