

# Your Fertility Consultation Worksheet



## Get Prepared

What questions do you want to ask during your consultation?

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## Doctor's Note

Anything you want to remember from your appointment?

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## Key Takeaways

What are your next steps after this meeting?

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# My Next Steps

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

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Do I need to request any medical records?

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After meeting with your doctor, you will also connect with your nurse, navigator, and financial counselor. Do you have any questions for them?

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Illume Fertility offers a variety of holistic fertility wellness services and support. Ask your patient navigator or visit [illumefertility.com](http://illumefertility.com) for more info.

Acupuncture

Counseling

Fertile Yoga

Nutrition guidance

Support groups

Private Facebook groups