

PCOS Specialist Checklist

Preparing for a visit with a PCOS specialist? Bring this guide to your first appointment so you can feel more confident, prepared, and in control of your care from the very start.

1 Before Your Visit

Write down your **top 3 goals** (cycle regulation, fertility, skin/hair changes, energy, etc.)

Track your cycle history (irregular, absent, painful, length, recent changes)

List out your current medications and supplements

Collect recent labs or imaging (hormones, thyroid, glucose, ultrasound, etc.)

2 Questions to Ask During Your Visit

How do you confirm a PCOS diagnosis, and which conditions will you rule out?

How will you monitor my metabolic health (glucose, cholesterol, blood pressure) long term?

If fertility is my goal, what's the first step and when would we consider IUI or IVF?

How do you reduce OHSS risk for PCOS patients undergoing IVF?

Do you coordinate with a registered dietitian or mental health provider?

Are virtual visits available for follow-ups?

3 Red Flags to Watch For

- ❗ Promises of a "PCOS cure"
- ❗ Recommends rigid diets or extreme exercise regimens
- ❗ Expensive supplement bundles not based on your labs
- ❗ No mention of long-term metabolic screening

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4 After Your Visit

Did I feel heard and respected?

Do I understand the plan and next steps?

Do I know when to follow up?

Was my whole health (sleep, mood, nutrition, fertility) considered?

Notes:

Looking for a second opinion or new provider?

If you're in Connecticut, New York, or the surrounding area, Illume Fertility's team of reproductive endocrinologists, dietitians, acupuncturists, and mental health providers are ready to support you on your PCOS journey.

Get started today by calling our team at (203) 750-7400 or visiting illumefertility.com/PCOS.