



Plan A, your way: A clinic conversation guide

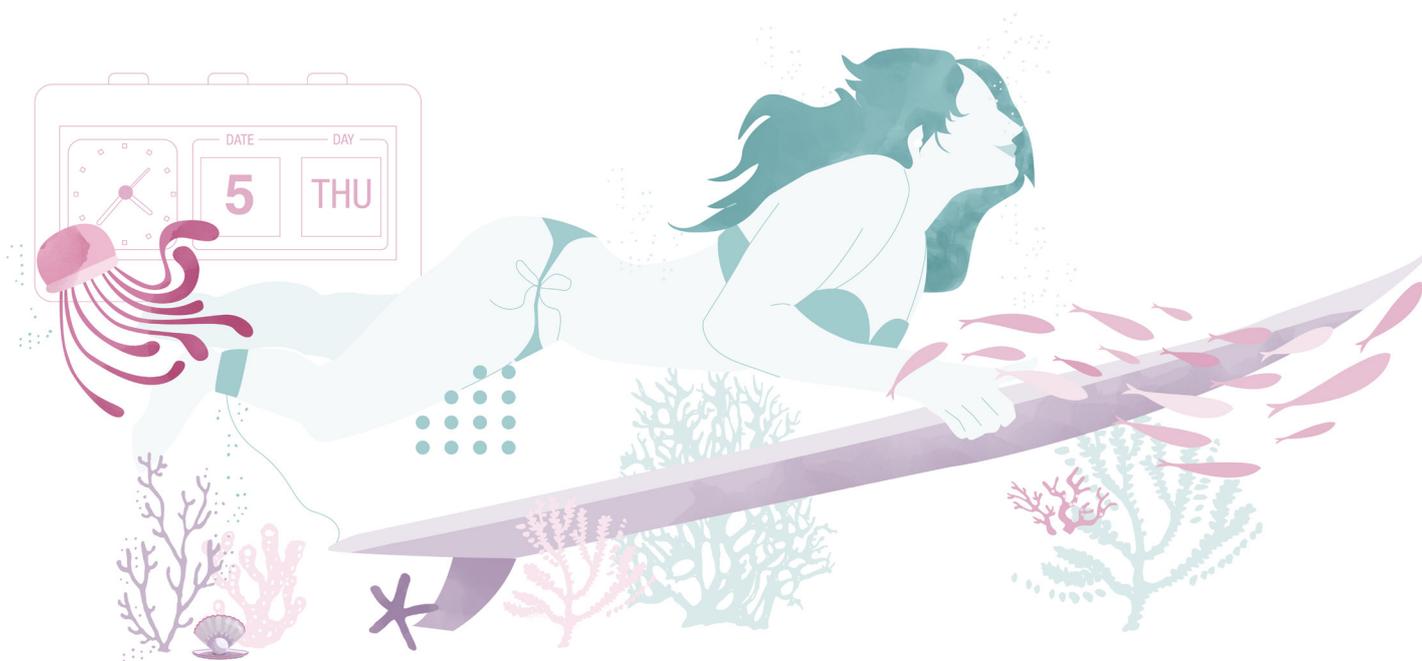
One day you may want to start a family – it may not be top of mind right now, but talking to a specialist is the first step in exploring the possibility of preserving your fertility for tomorrow.

This handy conversation guide is your go-to resource to help prepare you for your first visit, covering what to expect during your consultation and what questions you should ask the fertility specialist.

What should you expect during your first visit?

The fertility specialist may start by asking about your medical and fertility history, as well as conduct a gynaecological examination. Additionally, the specialist may ask about your family's medical history, including your mother's fertility journey, to better understand any possible risk factors.

Once they have a clear picture of your reproductive health, they may investigate whether there are any lifestyle factors – such as what you eat, drink or other personal behaviours – that may affect your fertility.



What should you ask your fertility specialist?

There are certain questions you should consider asking your specialist to help you better understand your options, such as:

- What are the main risk factors associated with decreased female fertility?
- What is the ideal age for undergoing fertility preservation treatment?

- What tests should I take before the fertility preservation procedure?
- What is the likelihood of falling pregnant following fertility preservation treatment, considering my age, health, family history?
- How many eggs can you collect each time?
- What is the process to go through if I want to get pregnant with the cryopreserved oocytes?
- At my age, how many cryopreserved oocytes do I need to achieve at least one pregnancy?
- If I decide to undergo fertility preservation treatment, how long will the procedure take and how many times will I need to visit the fertility preservation clinic?
- Is there any preparation I need to be aware of before undergoing fertility preservation treatment?
- Are there any side effects I can expect from fertility preservation treatment?





- How long is the recovery following fertility preservation treatment?
- How much will the procedure cost and are there any post-treatment costs that I need to consider, e.g. for storing my eggs?
- How long is the duration of storage?
- Is there a treatment option for women who are single and would like to fall pregnant?
- What are the clinic's success rates?
- What happens to my eggs if they are not used?
- What are the advantages or disadvantages of egg freezing compared to embryo freezing to preserve my fertility?

By asking the right questions, you can make an informed decision on what fertility preservation option is best to preserve your fertility potential for tomorrow.