



## **What to Expect at Your First Appointment at the Genetics & IVF Institute**

It may be helpful to know what to expect during your first appointment. Everyone's experience is unique however a typical first appointment at GIVF might look something like this: The first thing to know is that an initial consult can last over an hour and a half. After being greeted at the front desk you will be escorted to the physician's office where you will speak with the physician for about an hour. Next, you will meet your nurse who will help you implement the doctor's orders. In addition, you may meet with a genetic counselor as well as a financial counselor, depending on your circumstances.

Listed below are some helpful hints to make your appointment go smoothly:

- Providing your doctor with a full and accurate history will enhance your chances of success. Please bring any recent records you may have regarding previous fertility treatment, prior gynecological surgery, etc. If possible, send this information in ahead of time.
- Bring your calendar. If you have vacation plans or work obligations, court dates, house guests or anything that cannot be rescheduled, it's best to know this in advance of planning diagnostic testing as well as fertility treatment.
- You will get a lot of information. Take notes, ask questions and remember that it is always okay (even encouraged) for you to call or email us with follow-up questions. Also, consider coming prepared with notes and or questions for the doctor.
- Remember that the pace of therapy will be set by you. If a recommended treatment is too invasive or expensive – or not aggressive enough to suit your needs, feel free to voice that to the physician. You are in the driver's seat!

A note about the emotional aspect of beginning treatment: We appreciate that by the time you walk through our doors your experience dealing with infertility began months, sometimes years, ago. It is a big step to begin the process of evaluation and treatment; therefore, your first visit here is an important day and we will treat it accordingly. It is not uncommon to feel excited and hopeful at the prospect of getting pregnant, while at the same time nervous because you don't know what to expect or fearful that treatment may not work. Fertility treatment can impact work schedules, vacation plans, finances, marriages, families and self-image. Consider taking advantage of the psychological support services available to you, either through GIVF or an outside counselor.

You are unique and will have priorities and challenges of your own. Although there may be logistical, emotional, financial, or medical obstacles that cause delays or changes in your treatment plan, it is our goal to meet your needs at every turn as we help and guide you along the way. It is our pledge to combine cutting edge science, years of experience and the genuine warmth of a dedicated staff in order to provide you with unparalleled care. Please feel free to ask questions, take your time and voice your concerns. We consider ourselves partners in your care and will do everything we can to make your treatment a success.