

*GUIDE*

# WHAT TO EXPECT AT YOUR FIRST FERTILITY CONSULTATION

A practical, expert-led roadmap for  
your first appointment



# INTRODUCTION

What patients wish they knew BEFORE their first fertility visit.

- 01 What the doctor will ask?

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- 02 Whether they need to prepare?

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- 03 Whether it will be embarrassing?

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- 04 How many tests are done?

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- 05 What the “next steps” usually look like?



This guide answers those questions clearly so your appointment feels calm, predictable, and purposeful.

# WHAT THE DOCTOR IS REALLY LOOKING FOR

Four key systems are assessed:

## Eggs «quantity + quality»

- Ovarian reserve strength
- Signs of decline
- Cycle-based ovulation clues

## Tubes + Uterus

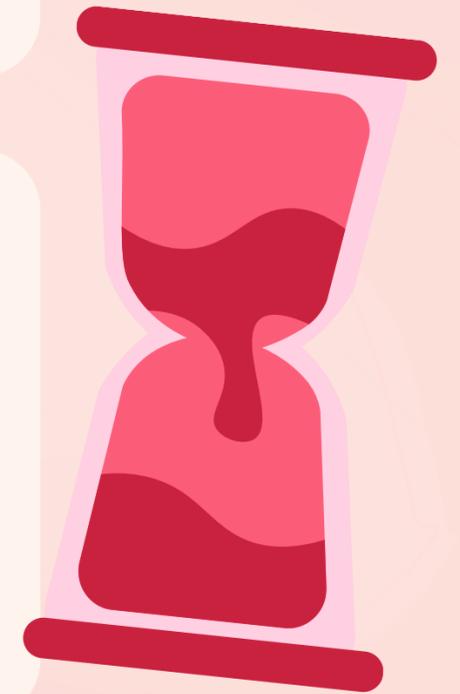
Tube openness and uterine readiness for implantation.

## Sperm Health

- Count
- Movement
- Shape
- DNA Health (if needed)

## Hormones & Timing

Assessing hormonal support for ovulation and early pregnancy.



# WHAT YOU CAN EXPECT

## Step 1: Guided Discussion

- 01 Duration of trying
- 02 Cycle Regularity
- 03 Miscarriage History
- 04 Symptoms (pain, acne, weight, bleeding)
- 05 Partner Health
- 06 Stress and Lifestyle

## Step 2: Fertility Clues

- 01 PCOS
- 02 Endometriosis
- 03 Egg Reserve
- 04 Thyroid Issues
- 05 Male Factor
- 06 Age-Related Decline



## Step 3: Testing

- 01 Women: ultrasound, AMH, thyroid tests.
- 02 Men: semen analysis (WHO 5th edition).

Accuracy depends on the embryologist, not the machine.

# FINAL THOUGHTS

Your first visit gives clarity, understanding, and a roadmap — without pressure.



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