

# LGBTQ FAMILY BUILDING DISCUSSION GUIDE

If you're LGBTQ and looking to grow your family, a fertility specialist can help get you started. Preparing questions ahead of time can help you make the most of your first visits.

Use the form below to select the questions you'd like to ask. Then, print the form and bring it to the clinic to help guide the conversation with your doctor.

## THE CLINIC

- How many providers work in your clinic?
- Will I meet with all providers or just you?
- What services do you offer?
- Does your clinic store frozen sperm, eggs, or embryos?
- Will your clinic help locate sperm, egg, or embryo donors?
- Will your clinic help locate a gestational carrier or recommend an agency?
- Does your clinic offer fertility counseling?
- Will appointments occur on weekends or evenings?
- Who should I call if I have questions outside of office hours?
- How will I be notified about treatment progress or test results?
- If needed, will your clinic help me understand how and when to take medications?

## SERVICES AND TREATMENT CYCLES

- Will tests be done before we begin treatment?
- For male couples: Does your clinic offer dual insemination?
- For female couples: Does your clinic offer reciprocal or co-IVF?
- What are my treatment options?

## SERVICES AND TREATMENT CYCLES (CONT)

- What are the chances of treatment being successful?
- Are there side effects to the medications and procedures you're recommending?
- How many cycles do patients like me usually need to conceive?
- How many cycles of a treatment will we try before moving on to the next option?
- How many injections will be needed for an ovulation induction treatment cycle?
- How many injections will be needed for an in-vitro fertilization treatment cycle?
- Will I need to inject medications at home?
- How many embryos will be transferred at once?
- Do you usually transfer embryos on the 3rd or 5th day?
- What is your clinic's IVF success rate for patients like me?
- What are the risks of treatment?
- Do you recommend any lifestyle changes to improve my chance of conception?
- How do you feel about acupuncture, meditation, or homeopathy during treatment?
- How can I prepare my body for treatments and future pregnancy?
- How can my partner prepare their body?
- Do you offer psychological support for LGBTQ family building?
- Do you offer legal support for people using third-party reproduction methods?

