

Must-Ask Questions for IVF Newbies: What to ask before you choose a clinic, start a cycle, or weigh different expert opinions [minibook]

Elizabeth Brydone

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When you've only got a few shots at something as life-changingly important as conceiving a child, you owe it to yourself to make sure you don't get to the end of the struggle with regrets and what-ifs.

Whatever you do, DON'T go into "passive patient mode" like so many IVF patients who feel overwhelmed with all the terminology and technology.

This easy-to-read, informative minibook (~10,000 words) will help you:

- get up to speed fast on some of the basic terminology so you will know what your specialist (RE) is talking about and can have a meaningful conversation about your treatment options;
- prepare for conversations with a prospective or current RE by giving you powerful cut-to-the-chase questions you can ask;
- become a more confident, knowledgeable, and assertive partner with your RE in making decisions about your treatment plan
- get that much-loved baby into your life!

This minibook covers many of your burning questions, such as:

- Should we even seek fertility treatment?
- What questions should we ask a prospective RE (fertility specialist)?
- Our cycle just failed ... What should we be asking at the review?
- We've had multiple losses what should we be asking about?
- What if our RE won't let us try new and "untested" treatments?
- When and how should we seek a second opinion?
- Conflicting expert opinions how do we know who's right?

• How do we know when to move on?

Elizabeth has already helped countless women get through the fertility treatment maze, many of them successfully, by arming them with insights and great questions to ask their REs. Comments from them include:

"Wow, thanks for sharing this! I'd like you to know that when I learned about my fertility issues, ... I found your posts and they were very inspirational and educational! I learned SO MUCH from reading your posts, especially about your experiences with low-stim vs. high-stim, as I am sure have many others...so I am so glad to hear you put everything down on paper and into a book! It's hard to navigate through this crazy IF maze, and hopefully your book can help other women; thanks for putting that all out there to share! "

"i have to jump in to say thank you! when i had 3 miscarriages in a year and was desperate for answers and ideas and a plan i found this board and your posts. the wealth of your knowledge is huge and a huge help to those of us who came after you. thank you!!!"

"Like a lot of women here a year or two (or was it three) years back, my whole program for my final few IVFs was based on your reasoning rather than "clinic directed"...and as you described, I did indeed have my best embryo quality in years. Your experience AND your willingness to hang around and share it were huge factors for me and I only wish I'd found this board - and you - a few years earlier."

"you writing down even one tenth of what you discovered, know, experienced, is a blessing for those who are following us. You've always been such an inspiration, always helpful, I gladly pay the \$ to read what you've written because I know how much of yourself you put into it."

This minibook is not intended to substitute for medical advice. Rather, it will help you ask good questions and have fruitful discussions with your healthcare practitioner(s) so that you can be a more active partner in decisions that affect your life and your family.

A NOTE FOR THE GUYS

Guys, this is a great way to support your woman through this extremely stressful and hormonally charged process.

I know a lot of men can feel like bewildered bystanders as their partners step onto the fertility treatment rollercoaster. This minibook will get you up to speed on the basics so you can ask good questions and be really practically supportive at those meetings with the RE



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