



Checklist: What to Expect with IVF

Your fertility journey and IVF can feel overwhelming, but having the right tools and support can make all the difference. We created this checklist to help you navigate the process with clarity and confidence. Whether you're preparing for your first consultation or already mid-cycle, this guide can help you stay organized, ask the right questions, and advocate for your care.

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Exploring Fertility Options

- With my care team, I've determined that it's time to pursue fertility treatment.
- I've completed my **fertility testing** (bloodwork, ultrasound, semen analysis, genetic testing).
- My fertility care team understands the root cause of my infertility and knows what my next steps should be.
- I've received clear explanations of my test results from my fertility team.



2

Understanding Your IVF Treatment Process

- I've discussed fertility treatment options with my fertility specialist and created a personalized treatment plan that includes IVF.
- I understand why IVF has been recommended to me.
- I understand what IVF is and **how IVF works**.
- I know what's included in my personalized IVF treatment plan.
- I understand **IVF success rates** for those with my specific fertility profile.
- I've reviewed the **IVF timeline** and what's expected at each step.
- I've asked about the possibility of using donor eggs or sperm, if applicable.



3

Questions to Ask Your Fertility Specialist and Care Team

- What medications will I be taking and why?
- Are there side effects of IVF medications, and how can I manage them?
- What can I expect in the **egg retrieval** and embryo transfer procedures? How do I prepare for them?
- Should I consider **egg freezing**?
- Why would a cycle be canceled?



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Preparing Your Body and Mind

- I've asked about nutrition, supplements, and exercise during IVF.
- I've set up a support system (partner, therapist, counselor, or peer group).
- I know what physical symptoms to expect from medications, egg retrieval, and embryo transfer.
- I've clarified how many IVF cycles I plan to try before reassessing.
- I've given myself permission to feel everything—hope, anxiety, grief, and joy.



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Important Logistics

- I've confirmed **insurance coverage** or reviewed my financial options with my care team.
- I've asked about costs for embryo freezing, storage, or future use.
- I have important IVF dates marked and know my medication schedule.
- I've received a contact sheet for my care team, including after-hours support.
- I've planned support, transportation, and rest time for retrieval and transfer days.
- I've planned ahead for time off work if needed.



6

Support Beyond the Science

- I feel emotionally supported by my care team.
- My team takes time to explain procedures, options, and next steps in a way I can understand.
- I feel confident asking questions during appointments.
- I've read **patient stories or testimonials** to feel less alone.
- I know where to find **educational fertility and IVF resources**.



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Choosing the Best Fertility Specialists for Me

- My **clinic** offers both advanced technology and a compassionate, patient-centered approach.
- I'm receiving care that looks beyond the surface to address the root cause of infertility.
- I'm able to receive all my care with one clinic, and I'm not being shuffled between unfamiliar providers for tests or surgery.
- I feel like my doctor is involved throughout the entire process.



Don't worry if you don't check every box right away. Your journey is personal, but you're never alone. Kofinas Fertility is here to offer guidance, support, and transparency at every step. Connect with us to start your fertility journey or explore fertility treatment options.

[Schedule a Consultation](#)