

# Questions You Need to Ask Your REI

DR. ERICA BOVE

When embarking on the fertility journey, one of the most important relationships is the one with your REI physician. There will likely be tests to undergo, a mix of good and bad news, and ultimately important decisions to be made, all in order to build your family. These questions will help you to carefully select the REI who will be this important point person in your village. Perhaps one of the most important decisions you will ever make.

## COMMUNICATION

- How should I contact your office if I have your questions?
- How will your office communicate with me?
- Who is on your team? How many REI's/NP's/PA's?
- What does cross coverage look like for your group (at all of the levels)?
- What if I have a question the rest of the clinical team cannot answer?
- How do I contact the team after hours if I have an urgent question or concern?
- If I do treatment, how are daily treatment monitoring decisions communicated with me?

## TREATMENT

- Is there an age limit for IUI? For IVF?
- Is there a BMI limit for IUI? For IVF?
- Are there lab specific limits where you would not offer treatment (AMH, FSH, AFC, etc.)?
- What testing do you require before moving forward with treatment?
- Do any of these tests need to be repeated at certain time intervals?

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## DIAGNOSTICS & PROCEDURES

- Who does the ultrasounds?
- Who reads the ultrasounds? Does this person look at the images, or just trust the report?
- Do you allow for outside monitoring with blood work and/or ultrasounds?
- Who does the diagnostic procedures (SHG, HSG, endometrial biopsy)?
- Who does the treatment procedures (IUI, egg retrieval, embryo transfer)?
- Do you perform IUI and IVF procedures on the weekends?
- Do you batch your IVF cycles?
- Do you offer fresh embryo transfers? If so, on both Day 3 and Day 5?
- For how long do you culture embryos? Day 6? Day 7?
- If checking PGT for aneuploidy during IVF, does your lab report mosaicism?
- How are pregnancy test results and IVF results communicated?

## OTHER IMPORTANT THINGS TO ASK

- What support services does your clinic have (financial, mental health, support groups)?
- Do you recommend any supplements for me or my partner? Any other lifestyle changes?
- What kind of exercise regimen do you recommend as I undergo treatment?
- What do you think is in my favor for treatment success?
- What do you think will be my biggest barrier to treatment success?
- If you were my sister, what would you recommend for my next step?