

## NEW PATIENT CHECKLIST

### Before Your First Consultation

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#### MEDICAL & HEALTH

- ✓ See your family physician
  - Have a full physical exam
  - Ensure your vaccinations are up-to-date
  - Fax a Referral to Dr. Pyselman at York Fertility Centre
- ✓ Begin taking a maternal vitamin containing 1 mg of Folic Acid
- ✓ Keep a record of your menstrual periods (dates and symptoms, eg. Severity of pelvic pain)
  - **TIP:** *Period tracker apps for your phone can help you with this!*
- ✓ Lifestyle: limit caffeine and alcohol, quit smoking, ensure healthy weight and manage stress

#### ADMINISTRATIVE

- ✓ Confirm your first appointment by phone with our office
- ✓ Check that you and your partner's health cards are up-to-date
- ✓ Fill out our *Patient Initial Registration Form* and fax it to our office
- ✓ Fill out our *Genetic Questionnaire* and fax it to our office

### Your First Consultation

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- ✓ Arrive **10-15 minutes** before your scheduled appointment time; plan for approximately 1 to 1.5 hours for your visit
- ✓ *What to Bring...*
  - Your partner
  - Your valid health cards (both patient and partner)
  - Any past, relevant medical history at your disposal (OR notes, sperm analysis etc)
  - Bottled water (equivalent to 4 glasses)
- ✓ *What to Expect...*
  - Both partners will have a blood test
  - Female patient will have a physical examination and, if possible, gynaecologic swabs
  - Female patient may have a full-bladder ultrasound

### After Your First Consultation

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- ✓ Book any tests as discussed with Dr. Pyselman during your consultation – you will be given an information sheet outlining all the tests you will need, how to book them and when
- ✓ **After all of your testing is complete CALL the clinic** to book your Follow-Up Appointment, where you will discuss your test results and treatment options, and to plan your treatment!

**TIP:** Bring a pen and notebook to your appointments to take notes. We also recommend you write down any questions you may have in advance to make sure none of your questions go unanswered.