

Your First Consultation

This document will help you prepare for your first consultation at York Fertility Centre. Both you and your partner, if applicable, should attend your initial consultation.

How to Prepare

Prior to your first appointment please print and fill out our [Patient Initial Registration Form](#) and [Prenatal Genetic Screening Questionnaire](#) (you can find the forms under *Get Started* on our website). These should be faxed to our office in advance or brought in on the day of your appointment.

At this time, you should also seek to gather all relevant medical history at your disposal. This includes: information on past infertility tests and treatments such as semen analysis results; surgeries; and past or on-going illnesses. You should also begin to note the dates of your menstrual cycle as well as any menstrual symptoms you have.

It is also strongly recommended that you begin assessing any lifestyle factors that may be impacting your fertility. This includes smoking, weight, stress, and caffeine and alcohol. You should also begin taking a maternal vitamin that contains 1 mg of folic acid.

What to Expect

During your first appointment you will discuss your medical histories in detail, have a physical examination, and begin your initial fertility investigation.

As part of your physical exam and initial infertility investigation, you can expect to have a blood test and full-bladder ultrasound (if it has been pre-booked), as well as a PAP test. All of these tests are performed on-site. You will also have tests of ovarian reserve (if/when you are on day 3 of your menstrual cycle) and a sonohysterogram (if/when you are on days 7-10). Depending on the day of your menstrual cycle you may be required to return for one or more of these tests.

These tests make up the basic initial fertility investigation and represent the first steps in assessing the causes of, and developing a treatment plan for, your personal history with infertility. The doctor may require additional testing, to be determined on the day of your first consultation.

All of our testing is done on site or at the Markham-Stouffville Hospital immediately adjacent to our office building.

What to Bring

To your first appointment you should bring: your partner, you and your partner's valid health cards, your relevant medical history, a bottle of water, and the completed Patient Initial Registration Form and Genetic Questionnaire, if they have not been faxed in advance.

Note: Provided both patient and partner's health cards are valid, OHIP will cover the expenses associated with your initial visit. Some tests (eg. AMH testing, DNA sperm testing, etc) are not covered by OHIP and thus may require payment at the time of testing.

Follow-Up Appointment

Depending on the timing of your menstrual cycle and personal schedule, it typically takes about 1-2 months to complete the initial fertility investigations. We will work with you to ensure this process is conducted as quickly as possible.

After your initial consultation, infertility evaluation and any additional testing are complete, you will meet with Dr Pyselman to discuss your personalized treatment options and to plan for the treatment program of your choosing.

Remember, we are here to make sure the path towards building your family is as comfortable as possible. If you have any questions or concerns along the way, do not hesitate to consult the comprehensive Patient Centre on our website, or speak to Dr. Pyselman or one of our dedicated staff.