

BEFORE YOUR SEPTEMBER CONSULTATION

The questions worth asking before your first fertility consultation

A short guide for women, men and couples attending Kindred Path Fertility Centre, in partnership with IFM LASUTH, Lagos.

You have 30 minutes, and they are yours. Many people leave a first consultation wishing they had asked the thing that was really on their mind. This guide helps you walk in ready. You do not need to use all of it. Pick the questions that speak to your situation, or simply keep it in mind so nothing important goes unsaid.

There are no silly questions here. Whatever you have been carrying, someone at Kindred Path has heard it before and will listen before anything else.

Getting your bearings

How long is too long for someone in our situation to keep trying?

This is the question most people are quietly asking. It is a fair one, and the answer depends on your age and history, not on a general rule.

Given our age and how long it has been, is there any reason to act sooner rather than later?

Time matters more for some situations than others. It is reasonable to ask where you stand.

What could be going on, and what would you want to rule out first?

You are asking for a way to think about it, not a diagnosis on the spot.

Understanding tests

What tests would actually tell us something useful, and what does each one check?

So you understand why a test is suggested before you agree to it.

Do we both need to be tested?

Fertility is rarely one person's story. It is common for both partners to be looked at.

My period is regular. Does that mean everything on my side is fine?

A regular cycle is a good sign, not a full answer. It is worth asking what else matters.

We did some tests elsewhere before. Can we go through what they mean?

Bring any previous results or a photo of them. A second read in plain language often helps.

What comes next, and what it involves

If something needs attention, what are our options, from the simplest upward?

Not every path begins with IVF. Ask to hear the range, starting with the least involved.

Walking in today does not commit us to any treatment, correct?

It does not. A consultation is a conversation. You decide what happens after it.

What would each option involve in time, and roughly in cost?

It is completely reasonable to ask about cost and what a realistic timeline looks like.

For couples

My partner could not come today. Can I still start, and what should I bring back to them?

Yes, you can come first. Ask what information would help your partner join the next step.

How do we make this decision together without it straining us?

It is normal for one partner to feel more ready than the other. You can say so here.

Faith, clarity and peace of mind

We are people of faith. How do we hold on to hope while getting medical clarity?

Seeking answers does not cancel your faith. The two can sit together, and you can say what matters to you.

What to bring

- Your consultation pass, on your phone or printed.
- Any previous test results, or clear photos of them.
- A short note of the questions that matter most to you.
- Your partner, if they are able to come.

Your 30 minutes

- You explain what has been happening, in your own words.
- You ask your questions. Nothing is rushed.
- You hear a professional perspective on next steps.
- You decide what you want to do. No pressure.

Kindred Path Fertility Centre, in partnership with IFM LASUTH. For anything before your appointment, message us on WhatsApp at +234 913 234 7955.