PCOS preconception appointment checklist

Print it, choose the prompts you need, and keep your notes private.

01 / BEFORE YOU GO

- ☐ Write your main question and pregnancy-planning goals.
- ☐ Cycle notes, if available. Mark estimates as estimates.
- ☐ Previous results and clinic letters you already have.
- ☐ Medicine and supplement names and doses from the packaging.
- ☐ Family-health information you want to discuss.
- ☐ Questions about referrals, insurance, costs or support.

02 / QUESTIONS TO CHOOSE

- ☐ Do we need to discuss ovulation or fertility evaluation now?
- ☐ Which medicines need a pregnancy-specific plan?
- ☐ What should I know about folic acid or prenatal supplements?
- ☐ Are there health checks or vaccinations to discuss?
- ☐ What support is available if I am finding this stressful?
- ☐ Who should I contact after the visit?

03 / LEAVE WITH A PLAN

The agreed next step

Who arranges it?

Results: who explains them, and when?

Follow-up date or timeframe

Who to contact if I need clarification

An appointment organizer, not a test or treatment plan. Do not send completed notes to this website.

Guidance: CDC, Planning for Pregnancy

ASRM, Fertility evaluation (2021)

More appointment questions and planning resources:

pcostopregnancy.com/pcos-preconception-checklist/