



Understand your treatment

Knowledge often reduces the fear and anxiety that contribute to stress. If you have questions, please be sure to ask your physician or nurse to explain anything you may not understand. We know that you are receiving a lot of information and that at times it may seem confusing. We are here to help.

Participate in your treatment

Write down any questions, thoughts, concerns or observations that you may have. Also, take notes during your meetings with your medical team. Be sure to let us know how you are feeling throughout your treatment.

Track your treatment

Keep track of all information related to your care. Record your tests and procedures and the dates and fees associated with them. Record your medication dosage, frequency, and duration. Review your insurance information to be sure that you are receiving the maximum benefit allowable in your plan. Keep a journal to record this experience.

Take care of yourself

Be gentle and kind to yourself. Don't neglect your overall health; eat a healthy balanced diet, exercise and get enough sleep. Indulge yourself occasionally.

Consider counselling or a support group

The empathy and objectivity of a good counsellor can help you understand and deal with the intense emotions associated with infertility. Strength and perspective can also be gained by sharing your experiences and feelings with others in the same situation. It helps to know that you are not alone. We offer counselling and information on suitable support groups for those who are interested.