

IVF & Egg Freezing Clinic Selection Guide

Tips, Checklists, and Questions to Ask

Choosing the Right Fertility Clinic Made Simple

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www.QuietTheClock.com

Why Choosing The Right Clinic Matters

This is a personal journey — there's no one-size-fits-all.

The right clinic isn't just about numbers — it's about feeling heard, supported, and confident in your care. The right choice can save you time, money, and heartache on your fertility journey.



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Clarify Your Goals & Needs

ARE YOU DOING IVF
OR EGG FREEZING?

TIMELINE URGENCY

MEDICAL HISTORY &
SPECIAL CONSIDERATIONS

BUDGET RANGE &
INSURANCE COVERAGE

Knowing your treatment type helps you focus on clinics with the right expertise and technology for your specific goals.

(e.g., starting in 3 months, next year, etc.) Your desired start date can determine whether you need a clinic with immediate availability or one you can plan for in advance.

(e.g., PCOS, male factor infertility) Sharing your unique health factors ensures the clinic can tailor a treatment plan to your needs.

Understanding your financial limits upfront helps you avoid surprise costs and find clinics that work within your means.

What are my goals?

What's my timeline?

Medical & Special
Considerations?

What is my budget & will
my insurance cover any
costs?

Notes & Thoughts

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Create Your Clinic Shortlist

WHERE TO START LOOKING

Don't just pick the highest success rate — look at your age group results

**SART.org and CDC
fertility success rate
database**

Use these trusted
databases to compare
clinics based on real,
verified outcomes.

These sites take the
guesswork out by
providing
transparent, data-
backed results.

Notes & Thoughts

**Recommendations from
OB/GYN or fertility
communities**

Personal referrals can
reveal insights you won't
find in statistics alone.

Hearing from others who've
walked this road can help
you spot both hidden gems
and red flags.

Your doctor or community
may know clinics that excel
with cases like yours

Notes & Thoughts

**Local vs. travel
clinics pros/cons**

Staying local offers
convenience, while traveling
may open doors to specialized
care.

Consider how location will
affect your schedule, budget,
and support system.

The best clinic for you might
be close by — or worth the trip
for the right expertise.

Notes & Thoughts

Clinic Shortlist

Top 4 Clinics I Like

- 1.
- 2.
- 3.
- 4.

How did each clinic make me feel?

- 1.
- 2.
- 3.
- 4.

Know The Key Metrics

CLINIC #1

Success rates for
your age bracket

Lab quality & in-house
embryology team

Doctor-to-patient ratio
(personalized care vs.
large factory clinic)

Technology & treatment
options available (e.g., PGT
testing, egg freezing tanks)

CLINIC #2

Success rates for
your age bracket

Lab quality & in-house
embryology team

Doctor-to-patient ratio
(personalized care vs.
large factory clinic)

Technology & treatment options
available (e.g., PGT testing, egg
freezing tanks)

CLINIC #3

Success rates for
your age bracket

Lab quality & in-house
embryology team

Doctor-to-patient ratio
(personalized care vs.
large factory clinic)

Technology & treatment options
available (e.g., PGT testing, egg
freezing tanks)

CLINIC #4

Success rates for
your age bracket

Lab quality & in-house
embryology team

Doctor-to-patient ratio
(personalized care vs.
large factory clinic)

Technology & treatment options
available (e.g., PGT testing, egg
freezing tanks)

The Cost Breakdown

CLINIC #1

Average IVF/egg
freezing cycle cost

What's included vs.
extra (meds, genetic
testing, storage fees)

Insurance and
financing tips

Notes & Thoughts

CLINIC #2

Average IVF/egg
freezing cycle cost

What's included vs. extra
(meds, genetic testing,
storage fees)

Insurance and
financing tips

Notes & Thoughts

CLINIC #3

Average IVF/egg
freezing cycle cost

What's included vs. extra
(meds, genetic testing,
storage fees)

Insurance and
financing tips

Notes & Thoughts

CLINIC #4

Average IVF/egg
freezing cycle cost

What's included vs. extra
(meds, genetic testing,
storage fees)

Insurance and
financing tips

Notes & Thoughts

Ask the Right Questions: If You're Considering Egg Freezing

ASKING THE RIGHT QUESTIONS HELPS YOU LOOK BEYOND GLOSSY SUCCESS RATES, GIVING YOU A CLEAR PICTURE OF HOW A CLINIC OPERATES AND WHETHER THEY CAN TRULY MEET YOUR MEDICAL, EMOTIONAL, AND PERSONAL NEEDS.

HOW MANY CYCLES DO YOU RECOMMEND IF I WANT MORE THAN ONE CHILD?

HOW DO YOU TAILOR PROTOCOLS FOR MY AGE/DIAGNOSIS?

DO YOU OFFER EMOTIONAL SUPPORT RESOURCES?

WILL I BE ABLE TO SPEAK DIRECTLY WITH MY DOCTOR, AND HOW OFTEN?

HOW DOES THE CLINIC HANDLE QUESTIONS — EMAIL, PHONE, PATIENT PORTAL, OR IN-PERSON?

WHAT'S YOUR AVERAGE RESPONSE TIME FOR PATIENT INQUIRIES?

Questions Continued

WHAT FERTILITY TESTING SHOULD I DO BEFORE DECIDING (AMH, AFC, FSH, ETC.)?

HOW MANY CYCLES MIGHT I NEED TO HAVE A STRONG CHANCE AT FUTURE SUCCESS?

WHAT ARE THE SUCCESS RATES FOR THAWING AND USING FROZEN EGGS AT MY AGE?

ARE THERE ANY HEALTH RISKS OR SIDE EFFECTS FROM THE HORMONE STIMULATION PROCESS?

WHAT'S YOUR LAB'S EXPERIENCE AND SUCCESS RATE WITH EGG THAWING AND FERTILIZATION?

WHAT HAPPENS IF I DON'T USE THE EGGS IN THE FUTURE?

WHAT IS THE TOTAL COST (INCLUDING MEDICATIONS, STORAGE, AND FUTURE RETRIEVAL)?

HOW LONG CAN EGGS SAFELY STAY FROZEN?

Ask the Right Questions: If You're Considering IVF

WHAT IS YOUR CLINIC'S SUCCESS RATE FOR PATIENTS IN MY AGE GROUP?

AM I A CANDIDATE FOR IUI BEFORE PURSUING IVF

SHOULD MY PARTNER UNDERGO ANY TESTING BEFORE WE BEGIN?

HOW DO YOU APPROACH SUPPORTING PATIENTS EMOTIONALLY WHEN THINGS DON'T GO AS HOPED — FOR EXAMPLE, IF A TRANSFER DOESN'T WORK OR TEST RESULTS ARE DISAPPOINTING?

HOW DO YOU DETERMINE THE RIGHT MEDICATION PROTOCOL FOR EACH PATIENT?

HOW DOES THE CLINIC HANDLE QUESTIONS — EMAIL, PHONE, PATIENT PORTAL, OR IN-PERSON AND WILL I HAVE ACCESS TO MY DOCTOR?

WHAT LIFESTYLE CHANGES CAN IMPROVE IVF OUTCOMES (NUTRITION, SLEEP, STRESS)?

WHAT IS YOUR EMBRYO TRANSFER PROTOCOL, AND HOW DO YOU DECIDE BETWEEN FRESH AND FROZEN TRANSFERS?

Questions Continued

WILL I HAVE ONE CONSISTENT CARE TEAM, OR WILL I SEE DIFFERENT PROVIDERS EACH VISIT?

WHAT PERCENTAGE OF YOUR CYCLES INCLUDE SINGLE VS. MULTIPLE EMBRYO TRANSFERS?

HOW OFTEN DO EGG RETRIEVALS AND EMBRYO TRANSFERS RESULT IN VIABLE PREGNANCIES AT YOUR CLINIC, FOR PATIENTS IN MY AGE RANGE?

IS YOUR EMBRYOLOGY LAB IN-HOUSE OR OUTSOURCED?

HOW DO YOU HANDLE AND MONITOR FROZEN EGGS AND EMBRYOS TO ENSURE SAFETY AND VIABILITY?

HOW DO YOU KEEP PATIENTS INFORMED ABOUT NEXT STEPS DURING TREATMENT?

WHAT'S INCLUDED IN THE QUOTED TREATMENT COST, AND WHAT IS BILLED SEPARATELY?

DO YOU OFFER PACKAGE DEALS, PAYMENT PLANS, OR DISCOUNTS FOR MULTIPLE CYCLES?

10 Questions I Plan On Asking

WRITE DOWN 10 QUESTIONS THAT ARE IMPORTANT TO YOU AND YOU PLAN
ON ASKING YOUR PROVIDER LIST

1.

2.

3.

4.

5.

6.

7.

10 Questions I Plan On Asking

WRITE DOWN 10 QUESTIONS THAT ARE IMPORTANT TO YOU AND YOU PLAN
ON ASKING YOUR PROVIDER LIST

8.

9.

10.

NOTES & THOUGHTS:

Evaluate the Vibe

YOU'LL BE VISITING YOUR CLINIC OFTEN DURING AN EMOTIONAL AND TIME-SENSITIVE JOURNEY, SO FEELING COMFORTABLE, RESPECTED, AND AT EASE EACH TIME YOU WALK THROUGH THE DOOR IS ESSENTIAL

HOW THE CLINIC MADE YOU FEEL (STAFF WARMTH, COMMUNICATION SPEED, RESPECT FOR YOUR CONCERNS)

WERE YOUR QUESTIONS ANSWERED CLEARLY WITHOUT BEING RUSHED?

HOW CLEAN, ORGANIZED, AND CALMING WAS THE PHYSICAL ENVIRONMENT?

WERE FOLLOW-UP COMMUNICATIONS PROMPT AND PERSONALIZED?

RED FLAGS: PRESSURE SALES TACTICS, DISMISSIVE ANSWERS, LACK OF TRANSPARENCY

NOTES & THOUGHTS:

Make the Decision

CHOOSING YOUR FERTILITY CLINIC IS BOTH A SCIENCE AND AN ART. WHILE IT'S IMPORTANT TO WEIGH HARD DATA LIKE SUCCESS RATES, COST, AND TREATMENT OPTIONS, YOUR INTUITION ALSO MATTERS — HOW COMFORTABLE YOU FEEL WITH THE STAFF, THE ENVIRONMENT, AND THE COMMUNICATION STYLE CAN IMPACT YOUR EXPERIENCE JUST AS MUCH AS NUMBERS ON A CHART.

CLINIC #1

Notes:

Success Rates

Cost/Insurance

Travel/Convenience

Vibe / Comfort

Communication

CLINIC #2

Notes:

CLINIC #3

Notes:

CLINIC #4

Notes:

Resource Section

FINDING THE RIGHT FERTILITY CLINIC IS JUST ONE STEP IN YOUR JOURNEY — THE RIGHT RESOURCES CAN HELP YOU FEEL INFORMED, SUPPORTED, AND EMPOWERED EVERY STEP OF THE WAY.

Trusted Databases & Official Resources

- [SART \(Society for Assisted Reproductive Technology\)](#). Search U.S. clinics, compare success rates, and see detailed reports by age group and treatment type.
- [CDC ART Success Rates](#) – Federal database tracking fertility clinic outcomes nationwide.
- [Resolve: The National Infertility Association](#) – Advocacy, education, and a directory of support groups across the country.

FERTILITY SUPPORT COMMUNITIES

- FERTILITYIQ – REVIEWS OF FERTILITY CLINICS, DOCTORS, AND COURSES WRITTEN BY REAL PATIENTS.
- R/IVF (REDDIT) – PEER-TO-PEER SUPPORT, TIPS, AND HONEST CONVERSATIONS FROM PEOPLE IN TREATMENT.
- QUIET THE CLOCK YOUTUBE COMMUNITY GROUP - JOIN HERE: [QTC COMMUNITY GROUP](#)
- FACEBOOK GROUPS – SEARCH FOR LOCAL OR DIAGNOSIS-SPECIFIC GROUPS (E.G., “IVF WARRIORS,” “EGG FREEZING SUPPORT”).

Podcasts for Support & Education

- [Quiet the Clock](#) – Conversations on fertility, dating, and navigating life’s timelines without pressure.
- As a Woman – Hosted by Dr. Natalie Crawford, breaking down reproductive health and treatment options.

Resource Section

Books & Recommended Reading

- It Starts with the Egg by Rebecca Fett – Science-backed ways to improve egg quality.
- Countdown by Dr. Shanna Swan – Environmental impacts on fertility.
- The Trying Game by Amy Klein – Emotional and practical guide through infertility treatment.
- Motherhood on Ice by Marcia C. Inhorn – Insight into the “mating gap” and egg freezing trends.
- When You're Not Expecting by Constance Hoenk Shulman – Coping with the emotional impact of fertility challenges.

WEBSITES & ONLINE SUPPORT COMMUNITIES

EDUCATIONAL & DATA RESOURCES

- FERTILITYIQ – IN-DEPTH REVIEWS OF CLINICS, DOCTORS, AND TREATMENT OPTIONS.
- WWW.QUIETTHECLOCK.COM - RESOURCE HUB FOR ANYONE NAVIGATING FERTILITY, DATING, AND LIFE'S TIMELINES WITHOUT THE PRESSURE OF “SHOULD.” THROUGH HONEST CONVERSATIONS, EXPERT INSIGHTS, AND REAL-LIFE STORIES, WE EXPLORE HOW TO MAKE EMPOWERED CHOICES IN YOUR OWN TIME — WHETHER THAT'S FREEZING YOUR EGGS, STARTING IVF, OR SIMPLY REDEFINING WHAT'S RIGHT FOR YOU.-
- ASRM (AMERICAN SOCIETY FOR REPRODUCTIVE MEDICINE) – PROFESSIONAL GUIDELINES, RESEARCH, AND PATIENT EDUCATION.

Good Luck On Your Fertility Journey

You are not alone in this journey. I know how overwhelming and emotional it can feel to make a decision as important as choosing the right fertility clinic. My hope is that this guide has given you clarity, confidence, and a sense of direction as you take your next steps.

These pages come from both my professional work and my own personal experiences. The lessons I've learned, the questions I wish I had asked sooner, and the insights that have helped me and countless others. If even one piece of this guide makes your path a little lighter or your choices a little clearer, then it has served its purpose. I'm rooting for you, every step of the way.

With love,
Beth



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