

Family Health History Worksheet

Your fertility can be affected by many things, including age, lifestyle, and genetics. Ask the women in your family like your mother, grandmothers, sisters, and aunts about their reproductive health history. Use this worksheet to collect their responses and share them with your doctor at your next visit.

	<u>Mother</u>	<u>Grandmother</u>	<u>Sister</u>	<u>Aunt</u>
Have you ever experienced irregular periods?	Yes No	Yes No	Yes No	Yes No
Did you ever experience difficulty getting pregnant?	Yes No	Yes No	Yes No	Yes No
Did you have any miscarriages?	Yes No	Yes No	Yes No	Yes No
Did you experience any complications during pregnancy?	Yes No	Yes No	Yes No	Yes No
At what age did you have your first child?	_____	_____	_____	_____
When did you start going through menopause?	_____	_____	_____	_____
Were you ever diagnosed with a reproductive condition, such as endometriosis or polycystic ovary syndrome (PCOS)?	Yes No	Yes No	Yes No	Yes No
	If yes: what did you learn?			

Do we have a family history of genetic disorders, like cystic fibrosis or sickle cell anemia?	Yes No	Yes No	Yes No	Yes No
	If yes: what did you learn?			

Have you undergone a carrier screening?	Yes No	Yes No	Yes No	Yes No
	If yes: what did you learn?			

Bring this worksheet to your doctor or learn more at myfertilome.com