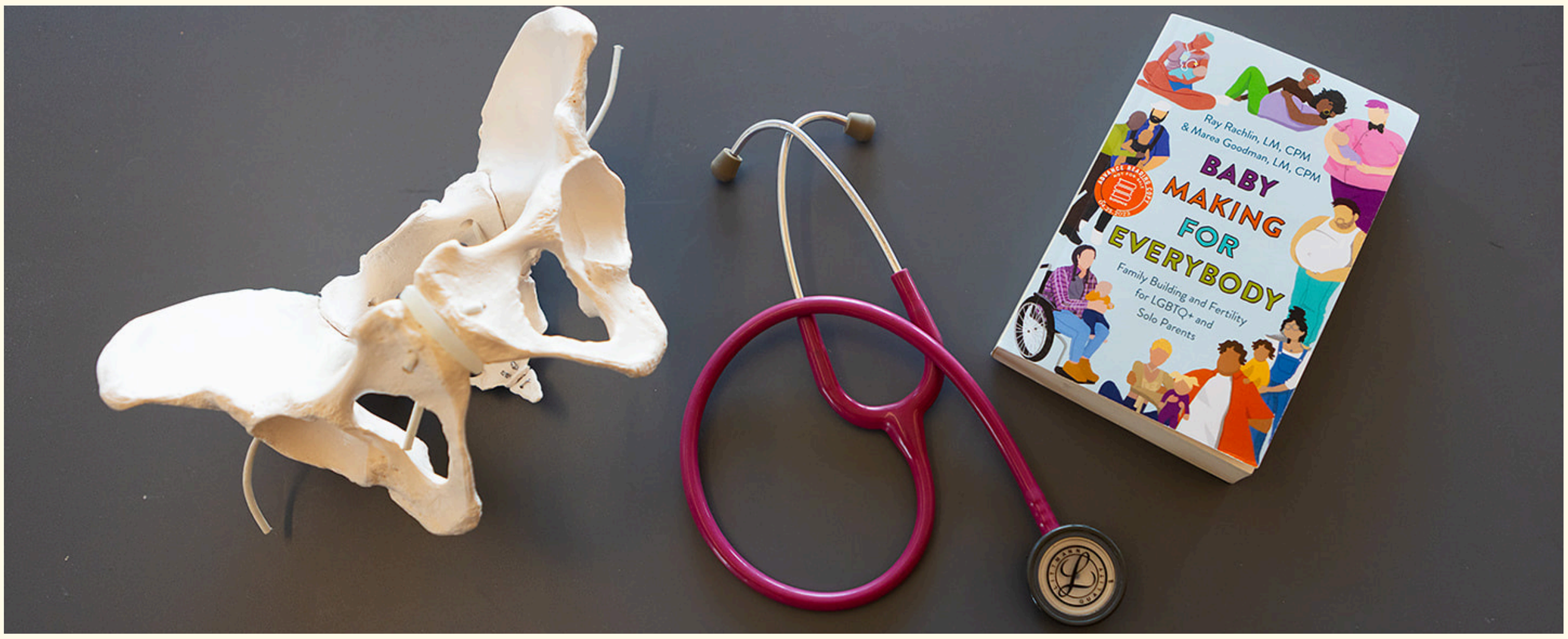
Queer, Trans & Solo Parent
Preconception Visit



- ACOG preconception screening guidelines EXCEPT BMI
- Known and unknown sperm donor options, costs, legal considerations, logistics, resources for your area
- Conception Options:
  - Home insemination/ICI, IUI, IVF, RIVF
  - Success rates
  - Costs and coverage
- Health care provider options in your area for aiding in conception
- LGBTQ+ family law referrals in your area
- Local family pride organizations, TTC & solo parent groups
- Books, websites, and social media accounts for continued learning

Learn More: *refugemidwifery.com*

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