

My Appointment Prep Guide

You deserve to be heard. Walk in prepared.

KINGDOM MISSION

Whole & Well | Menopause Awareness Month

Name

Appointment date

Clinician

Before you go

- ☐ Track my symptoms and my periods for a couple of months (use the Symptom Log).
- ☐ Write down how much each symptom gets in the way of work, sleep, intimacy, and joy.
- ☐ List my medications and supplements, and my family history (next page).
- ☐ Choose the questions I most want answered (page 3).
- ☐ Ask for an appointment about menopause, not a quick add-on at the end of another visit.

What is bothering me most (in my own words)

How much it gets in the way (0 = not at all, 10 = completely)

Work

Sleep

Intimacy

Joy

What I want from this visit (for example: sleep through the night, stop the pain during sex, protect my bones)

Tip Bring this guide and your Symptom Log. If it helps, bring someone you trust to take notes.

My Health Background

Clinicians will ask. Having it written down saves time.

My periods

First day of my last period

Age my mother reached menopause (if known)

Still having periods? ☐ Yes ☐ Irregular ☐ No

Birth control or IUD?

Health history. Check anything that applies to me or to my family.

Breast, ovarian, or uterine cancer	☐	☐	Anything else
Blood clots	☐	☐	
Stroke	☐	☐	
Heart disease	☐	☐	
High blood pressure	☐	☐	
High cholesterol or diabetes	☐	☐	
Osteoporosis or broken bones	☐	☐	
Depression or anxiety	☐	☐	
Preeclampsia or gestational diabetes	☐	☐	
Migraine	☐	☐	

Medications and supplements (include vitamins, herbal products, and anything over the counter)

Name	Dose and how often	Why I take it

Questions to Ask

Write the answers down. Ask again if something is unclear.

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1 Could my symptoms be perimenopause, and what else should we rule out?

2 Am I a candidate for hormone therapy, and what are my personal risks and benefits?

3 What non-hormonal options are there, alongside or instead of hormones?

4 Could my pain be connected to menopause? Could more than one thing be going on?

5 Could I be referred to a physical therapist, a pain specialist, or a menopause specialist?

6 What can I do myself, and what is best left to treatment?

My own question

Some things should not wait.

Any vaginal bleeding after menopause needs to be checked as soon as possible. So does very heavy bleeding. Chest pain, trouble breathing, or signs of a stroke are emergencies, so call 911. And if you ever find yourself thinking about harming yourself, call or text 988.

After the visit

What we decided

Referrals and tests

Follow-up date and next steps