



Doctors Checklist

- If you feel you need more than 8 minutes, (the average appointment time) ask your practice to have a double appointment longer time.
- Ask if your surgery has a Doctor who has a speciality in Menopause.
The term is: Endocrinologist.
- Take a note pad & pen to the appointment and take somebody with you if you're nervous.
A second pair of ears is helpful.
- Take a list of how your feeling.
 - Mentally
 - Physically
- List any medications you take. This will be helpful to the doctor.
- If you feel HRT is something your would consider to support your hormones, do some research before your appointment to get the most out of your visit.
- Things to note about your cycle:
 - Heavier
 - Lighter
 - Shorter
 - Longer
 - Colour of blood change
 - Pain
 - Pain during or after sex
 - Missed months
 - Mood changes
 - The first and last day of your period

After your appointment

If your not satisfied, remember you have the right to ask to see a different GP.