

Midlife Appointment Prep Sheet

From: Reading Your Body's Patterns: A Symptom Log Primer (Sample) · Preparing for the conversation · by Amara Okafor (Sample)

Fill this out before your visit and bring it with your symptom log. It helps you cover what matters most, even when time is short.

My top three concerns (most important first)

1.

2.

3.

My summary (3 to 5 sentences from my log)

Over the last ____ weeks/months...

My main goal is:

What I'm bringing

- ☐ My symptom log or a summary of it
- ☐ First day of my most recent period (and recent cycle lengths)
- ☐ List of all prescriptions, over-the-counter medicines, vitamins, and supplements
- ☐ Health history highlights (surgeries; any history of blood clots, stroke, heart disease, or cancer)
- ☐ Family history I know of
- ☐ Insurance card and a pen

Questions I want to ask

- ☐ Does my pattern look like perimenopause? Is there anything else to check?
- ☐ Which symptom should we focus on first?
- ☐ What are my hormone and nonhormone options, and their benefits and risks for me?
- ☐ Is there any reason an option wouldn't fit me?

- ☐ How will we know if it's working, and when do we check in?
- ☐ Do I still need birth control?
- ☐ What should make me call before my next visit?

What I heard and next steps

My question	What I heard	Next step / date

Don't wait for your appointment if...

You have bleeding or spotting between periods or after sex, heavy bleeding or bleeding heavier or longer than usual, or any bleeding after menopause: contact your clinician. Low mood most days for 2 weeks or more: reach out to a healthcare professional. Thoughts of suicide or crisis: call or text 988. Immediate danger: call 911.

General education only; not a recommendation for any specific treatment. Treatment overview based on The Menopause Society 2022 hormone therapy and 2023 nonhormone therapy position statements.