

Your Menopause Appointment Checklist

A concise Canadian appointment-preparation tool. Complete what is relevant, bring your medication list, and leave space for the questions that matter to you.

Important: This worksheet is educational. It does not diagnose symptoms or replace individualized medical care. Urgent or severe symptoms require appropriate medical assessment.

1. Describe what changed

- ☐ My three most disruptive symptoms are:
- ☐ They began or noticeably changed around:
- ☐ Frequency, duration, severity, and triggers:
- ☐ Effect on sleep, concentration, mood, work, relationships, sex, exercise, or daily function:
- ☐ Bleeding changes, including dates and amount, if applicable:

2. Bring the facts

- ☐ Current prescriptions, non-prescription drugs, hormones, vitamins, and supplements
- ☐ Medication allergies and previous reactions
- ☐ Relevant diagnoses, surgeries, and family history
- ☐ Recent laboratory, imaging, pathology, Pap, and mammography reports
- ☐ Your menstrual or bleeding history and contraception needs, if relevant

3. Questions worth asking

- ☐ Could these symptoms have another cause that should be assessed?
- ☐ What treatment options are reasonable for me, and why?
- ☐ What are the expected benefits, common side effects, important risks, and alternatives?
- ☐ If hormone therapy is considered, which formulation and route fit my history?
- ☐ What follow-up or monitoring would be needed?
- ☐ What changes should prompt an earlier appointment or urgent care?
- ☐ If you are not comfortable managing this, where can I be referred?

My priorities for this appointment

1. _____
2. _____
3. _____

Canadian context: access and coverage differ by province and territory. Ask whether referrals, virtual care, prescribing rules, and medication coverage apply where you live.