



Top Tips | Preparing for Your Doctor's Appointment

It can be challenging getting the most out of a short GP appointment, particularly if you're feeling anxious about menopause, symptoms or treatment options. Going prepared for your appointment can really help you and your doctor.

Take a look at our top tips below and prepare for your appointment with confidence.

1. Ask your practice if any clinicians specialise in women's health and menopause.
2. Book a double appointment if you can.
3. Use a checklist to record your symptoms - however insignificant you think they might be.
4. Do your research on Hormone Replacement Therapy (HRT) treatment options and alternatives so you have an idea of what you might like to try.
5. Take a look at NICE Menopause guidelines (NG23) so you are up to date with the guidance your doctor has to work with.
6. Write down a list of questions so you don't forget something, or email them in advance if that's an option.
7. Take a friend or relative with you if you need support - they can take notes and keep track of questions.
8. Be patient with your doctor if they need to research treatments or any individual clinical considerations that need to be considered as part of your personal menopause treatment plan. All prescribing is individualised.
9. Book a further appointment if you need to - whether that's to ask more questions or to speak with someone else. It's important to be absolutely comfortable with your individualised menopause care plan.
10. Ask for a referral to an NHS menopause specialist if needed. You can also self-refer privately if that is an option for you.