FREE FROM PERIBRIEF

A4

The perimenopause appointment checklist

Ten minutes of preparation can change how an appointment goes. Tick off each step, and take this page with you.

Before

- [ ] Track your symptoms daily for 2–8 weeks (0 none to 3 severe)
- [ ] Note the first day of each period, and any heavy bleeding
- [ ] Pick your top 3 symptoms and write how each affects your life
- [ ] List your medicines and supplements
- [ ] Write your 3 most important questions
- [ ] Book a longer appointment if you can
- [ ] Decide whether to bring someone

During

- [ ] Lead with your top 3 symptoms and their impact
- [ ] Ask: “Could this be perimenopause?”
- [ ] Ask about all your options, hormonal and non-hormonal
- [ ] Ask what the benefits and risks are for you
- [ ] Agree a plan and a review date
- [ ] Write down what was agreed

After

- [ ] Put your review date in your calendar
- [ ] Keep tracking, so you can see what changes
- [ ] Note any side effects, with dates
- [ ] Unclear on anything? Send a short follow-up message
- [ ] Felt unheard? Ask for the reasons to be noted, a second opinion or a referral

Your 60-second opener

1. “I've been tracking my symptoms for _____ weeks.
2. The three affecting me most are _____ , _____ and _____ .
3. It's affecting my _____ . For example, _____
4. I'd like to talk about whether this could be perimenopause, and what options might suit me.”

Get help promptly for bleeding after 12 months without a period, bleeding after sex or between periods, very heavy bleeding, a new breast lump, or low mood that isn't lifting. In an emergency, call 999 (UK) or 000 (Australia).

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Ten questions worth asking

Tick the ones that matter most to you. You won't have time for all of them, and that's fine.

- [ ] Based on my age, symptoms and periods, could this be perimenopause?
- [ ] Could anything else be causing or adding to my symptoms?
- [ ] Do I need any tests? What would the results change?
- [ ] What are my options, hormonal and non-hormonal?
- [ ] Which might suit me, given my health history?
- [ ] What are the benefits and risks of each for me?
- [ ] What could help my sleep and mood?
- [ ] Do I still need contraception, and for how long?
- [ ] What's the plan, and when will we review it?
- [ ] Who could I be referred to if this doesn't help?

Notes from my appointment

WANT THE COMPLETE TOOLKIT?

PeriBrief: the doctor-ready perimenopause toolkit

- A one-page Doctor Brief (fillable), plus a finished example
- An 8-week tracker, plus a spreadsheet that builds your Brief for you
- Plain-language guidance sheets for the US, UK, Canada or Australia, with sources and dates
- A question bank, a 60-second script and replies for when it goes off track
- Plan B: next steps and message templates if you feel unheard
- Letter and A4, fillable or printable

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