

Choose what you need from the visit

This is an appointment-preparation tool, not a symptom checker. It cannot tell you whether a change is menopause, another condition or something requiring urgent attention. Do not wait for a worksheet or routine appointment if you need prompt medical help.

Write the one or two questions you most want answered. Include what you noticed, when it began, and why it matters in your day. An observation is useful without assigning it a diagnosis.

Ask the office about visit length, accessibility, costs, interpretation or bringing a support person if those details affect your ability to attend.

Your priority page

My main question, in one sentence: _____

What I noticed and when: _____

How it affects activities that matter to me: _____

What I have already tried or been advised: _____

A second question, if time allows: _____

An access, cost or communication need to mention when booking: _____

Keep private details in a place you control. This PDF does not upload your answers.

Bring the actual list

List prescribed medicines, nonprescription medicines and supplements with the information you have. Bringing labels or photos may be easier than guessing an ingredient spelling. Note allergies or past reactions you want the clinician to know.

Name / amount listed / how often / why I take it: _____

Questions I want to ask about interactions or suitability: _____

If the list is incomplete, say so. A list is preparation for a conversation, not a substitute for professional review.

Questions you can take into the room

"What possibilities are you considering, and what information would help distinguish them?"

"What are the options, including waiting or monitoring if appropriate, and what are their benefits, limits and risks for me?"

"If a test is suggested, what question would it answer, and how might the result change the next step?"

"If I cannot manage the cost or schedule, what alternatives can we discuss?"

"What should make me seek help sooner, and who should I contact with a question after the visit?"

These are suggested conversation starters. Your clinician's answers should fit your individual circumstances.

Before you leave

The plan as I understand it: _____

The next action, who arranges it, and when: _____

How I will receive results: _____

Who to contact if I have not heard: _____

What I should do if things change, as advised by my clinician: _____

One thing I want explained again: _____

You can ask for written instructions or repeat the plan in your own words. Keep the clinic's own instructions alongside these notes.

Context and sources

The U.S. Office on Women's Health describes menopause as reached after twelve months without a period when other causes are excluded; perimenopause is the transition. A birthday or a social-media caption does not establish a diagnosis for you.

Source: Office on Women's Health, Menopause Basics.
<https://womenshealth.gov/menopause/menopause-basics>

The source supports that limited definition. The appointment workflow and worksheets are original editorial preparation tools, not clinical guidance or a tested intervention.

Original Blushmallow resource, 14 October 2026. Notes stay with you. No health answers are collected by this PDF. Downloading does not subscribe you. Find more free resources at <https://blushmallow.com/gifts>.