PRINT THIS PAGE · FILL IT IN BY HAND · HAND IT OVER AT THE START OF YOUR VISIT

My Visit Summary

You typically get about 15 minutes with a healthcare professional. This page puts what matters most at the top, so it gets seen first.

NAME _____ DATE OF BIRTH _____ VISIT DATE _____

LAST PERIOD _____ HOW MY CYCLE HAS CHANGED _____

THE THREE THINGS I WANT FROM TODAY'S VISIT

1 _____

2 _____

3 _____

MY SYMPTOMS — MOST BOTHERSOME FIRST

#	SYMPTOM	HOW BAD, 0-10	SINCE WHEN	HOW IT AFFECTS MY DAY OR NIGHT
1				
2				
3				
4				
5				

SAY THIS FIRST IF IT APPLIES TO YOU

- ☐ I have had vaginal bleeding after menopause (after 12 months with no period).
- ☐ My bleeding is very heavy: soaking through one or more pads or tampons every hour for more than four hours.
- ☐ Neither applies to me.

Why these two: Mayo Clinic advises seeing a doctor for bleeding after menopause and describes very heavy bleeding in these terms. This is not a complete list of warning signs. Raise anything that worries you.

MEDICINES, SUPPLEMENTS, AND WHAT I HAVE ALREADY TRIED

_____

_____

_____

_____

Include birth control, anything you stopped, and why you stopped it.

Educational and organizational resource. Not medical advice, diagnosis, or treatment. Always talk to a qualified clinician about your own health. Sources: The Menopause Society, "Are You Asking the Right Questions to Make the Most of Your Menopause Healthcare Visit?" (Feb 6, 2024) — menopause.org (appointment length) · Mayo Clinic, "Vaginal bleeding: When to see a doctor" — mayoclinic.org.

FILL IN ONE ROW A DAY FOR TWO WEEKS BEFORE YOUR VISIT

My Two-Week Symptom and Sleep Log

The Menopause Society suggests tracking your symptoms, including how often they happen and what time of day. Two weeks on one page is easier to read than a memory.

DAY	DATE	HOT FLASHES OR NIGHT SWEATS (HOW MANY)	TIMES I WOKE AT NIGHT	SLEEP 0-10	MOOD 0-10	ENERGY 0-10	BLEEDING (NONE / LIGHT / HEAVY)	TIME OF DAY, TRIGGERS, ANYTHING ELSE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								

HOW TO SCORE 0-10

0 is the worst it could be. 10 is the best. Go with your first answer. The pattern across days matters more than any single number.

BEFORE YOUR VISIT

Circle the three worst days. Copy your most bothersome symptoms onto page 1. Bring both pages.

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READ THIS BEFORE YOU ASK FOR A HORMONE TEST

What a Test Can and Cannot Tell You

Many women are told “your labs are normal” and leave feeling dismissed. Here is what the leading US menopause organization says about testing.

There is no simple test

No simple test currently predicts or confirms perimenopause or menopause. The diagnosis usually rests on your medical history, your menstrual history, and your signs and symptoms.

Source: The Menopause Society

Hormone levels move around

In perimenopause, hormone tests are generally not helpful, because hormone levels change across the menstrual cycle. They may still be used in specific situations, such as fertility problems or periods that stop at an early age.

Source: The Menopause Society

Saliva tests

The Menopause Society describes saliva hormone tests as expensive and inaccurate, and says they should not be used to evaluate or treat menopause symptoms.

Source: The Menopause Society

Other causes can look similar

Thyroid disease can cause symptoms that mimic perimenopause. Asking what else could explain your symptoms is a reasonable question.

Source: The Menopause Society

WHAT THIS MEANS FOR YOU

A “normal” result does not mean your symptoms are not real. It means a single test is not how this is usually worked out. Your symptom log and your cycle history are the evidence your clinician needs.

QUESTIONS WORTH WRITING DOWN

These are suggestions to adapt, not medical guidance. The Menopause Society advises writing your questions down so you do not forget them.

- ☐ Based on my symptoms and the changes in my cycle, could this be perimenopause?
- ☐ What else could explain these symptoms, and how would we rule it out?
- ☐ What are my options, and what are the benefits and risks of each for me?
- ☐ What should make me come back sooner?

MY OWN _____

MY OWN _____

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SUGGESTED WORDING · CHANGE IT TO SOUND LIKE YOU

Three Things You Can Say

These are communication suggestions, not medical guidance. Each one keeps the conversation open and moves it back to your symptoms.

1 If you hear "your labs are normal"

"I'm glad nothing serious showed up. I understand this is usually worked out from symptoms and cycle changes, not one test. Could we go through my symptom log on that basis?"

2 If you hear "you're too young for this"

"I'm not asking for a diagnosis today. These symptoms are affecting my sleep and my work. What else could explain them, and what would you want to rule out?"

3 If time runs out

"I still have questions I couldn't get to. Can I book a follow-up visit to finish this conversation?"

Scheduling a follow-up when you cannot get all your questions answered is advice from The Menopause Society.

STILL NOT HEARD?

You can look for a clinician with menopause training. The Menopause Society keeps a public directory of practitioners: **portal.menopause.org** → Find a Menopause Practitioner.

We are working on a follow-up guide for what to do after a visit that went nowhere. If you want it, send the word **NEXT** to **@midlife.unfolded** on Instagram or Facebook.

WHAT THIS KIT IS, AND IS NOT

It is a set of pages to help you organize what you want to say. It does not tell you whether you are in perimenopause, and it does not recommend any test, medicine, dose, or supplement. We sell no supplements and use no affiliate links.

How it was made: prepared with AI assistance. Every factual statement names its source so you can check it yourself.

SOURCES, READ ON NOVEMBER 21, 2026

1. The Menopause Society, "Are You Asking the Right Questions to Make the Most of Your Menopause Healthcare Visit?" (Feb 6, 2024) — menopause.org

2. The Menopause Society, "How Do I Know I'm in Menopause?" — menopause.org

3. Mayo Clinic, "Vaginal bleeding: When to see a doctor" — mayoclinic.org

4. The Menopause Society, Find a Menopause Practitioner — portal.menopause.org

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