

Physician Visit Checklist

Step 1: Preparing For Your Visit

- Think about what symptoms bother you and what you want to discuss about them.
- Prepare to discuss your medical history. This information may help decide which treatment is right for you.
- Consider keeping a diary or list of your symptoms and sharing it with your health care professional.

Step 2: Asking the Right Questions

- You may want to ask about treatment options for the symptoms of menopause.
- You may also want to ask about side effects, drug interactions, and how to use your medication.
It may be helpful to take notes.

My Personal Worksheet

By completing this worksheet, you may find it easier to start your discussion.

1. Symptoms

My menopausal symptoms are: *(Check all that apply)*

- Vaginal dryness, soreness, itching, or discharge Hot flashes Night sweats

2. Medical History

Personal Health. My health history includes: *(Check all that apply)*

- Breast cancer Abnormal vaginal bleeding Liver disease or jaundice
 Uterine cancer Heart disease Stroke
 Allergies Gallbladder disease High blood pressure
 Current or recent pregnancy Vaginal infection Diabetes
 Blood clots Other: *(Please specify)* _____

Family History. I have a family history of: *(Check all that apply)*

- Breast cancer Heart disease Diabetes
 Uterine cancer Stroke High blood pressure
 Other cancer: *(Please specify)* _____

Medications. List any medications you are currently taking, including over-the-counter medications:

1.	Dosage:
2.	Dosage:
3.	Dosage:
4.	Dosage:
5.	Dosage:
6.	Dosage:

3. My Symptom Diary

Date	Symptoms

4. My Treatment Concerns

I am concerned about: *(Check all that apply)*

- Ineffectiveness
- Drug interactions
- Risks of treatment
- Side effects
- Discomfort with product

5. Notes:

