PHYLLINGOOD

Understand your body. Feel good about it.

WALK IN PREPARED

My Doctor-Visit Kit

Your health snapshot, history, medications and questions, all in one place, so you walk out of your appointment with answers and a plan.



My name

Appointment date

For educational purposes only. Based on published health research. Not medical advice. Always consult your healthcare provider.

How to use your kit

Use this kit with your Symptom Tracker. Start a few weeks before your appointment.

2 to 4 weeks before

- Keep filling in your Symptom Tracker.
- Rank your symptoms from most to least bothersome.
- Fill in your Health Snapshot, Family History and Medication List.
- Gather the dates of your last screenings and your last period.

When you book

- Tell the office you'd like to talk about menopause symptoms.
- If you can, ask for a visit focused on that, not squeezed into a quick checkup.
- For complex symptoms, you can ask for a provider who specializes in menopause. The Menopause Society's website has a directory of menopause practitioners.

At your visit

- Start with your top three concerns, in case time runs short.
- Hand over your tracker and let your notes speak for you.
- Use your question list and check questions off as you go.
- Be honest about everything: sex, bladder, mood, alcohol.
- Take notes on the Visit Notes page, or bring someone to take them for you.

After your visit

- Review your notes while they're fresh.
- Schedule any tests or follow-ups right away.
- If you start a treatment, keep tracking so you can see what changes.

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Before-the-Visit Checklist

Check off each item as you get it ready. This list follows what menopause clinics ask patients to bring.

- [ ] A few weeks of symptom tracking, with symptoms ranked most to least bothersome
- [ ] The date of my last period, and any changes in my periods
- [ ] My current and past medications and supplements (Medication List)
- [ ] My medical history: surgeries, diagnoses, and any history of cancer, heart disease, or bone problems or fractures
- [ ] The dates of my last mammogram, Pap or HPV test, colon cancer screening and bone density scan
- [ ] If I've had a hysterectomy: my age, the reason, and whether my ovaries were kept
- [ ] My family health history, including the age each relative was diagnosed
- [ ] Treatments I want to try, want to avoid, or have already tried
- [ ] My top 3 concerns and my question list
- [ ] Photo ID and insurance card
- [ ] My Symptom Tracker and this kit, printed or on my phone

Nervous to bring something up?

Write it on your question list and simply hand the page to your doctor. They've heard it all before.

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My Health Snapshot

Everything your doctor is likely to ask about, on one page.

Full name

Date of birth

Today's date

Date of my last period

Age my periods stopped (if they have)

Had a hysterectomy?

○ Yes ○ No

If yes: my age, the reason, and were my ovaries kept?

Health conditions and past surgeries

My screenings

Screening	Date of last one	Result	Next one due
Mammogram			
Pap or HPV test			
Colon cancer screening			
Bone density (DEXA) scan			

My numbers

Measure	Result	Date checked
Blood pressure		
Cholesterol (total / LDL / HDL)		
Blood sugar or A1C		
Weight		
Waist measurement		

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My Family Health History

Note which relatives have had each condition and the age they were diagnosed. Parents, brothers, sisters and grandparents matter most.

Condition	Who (relative)	Age diagnosed
Breast cancer		
Ovarian or uterine cancer		
Colon cancer		
Other cancer		
Heart disease or heart attack		
Stroke		
High blood pressure		
Diabetes		
High cholesterol		
Osteoporosis or a broken hip		
Early menopause (before 45)		
Depression or anxiety		
Blood clots		
Other:		

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My Medications and Supplements

Include prescriptions, over-the-counter medicines, vitamins, herbs and supplements, plus anything you've stopped recently.

Name	Dose	How often	Why I take it	Started

Allergies to medicines

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My Top Concerns and Questions

Start your appointment with these. If time runs short, you'll have covered what matters most.

My top 3 concerns

1.
2.
3.

Questions for any visit

- [ ] Are my symptoms likely related to perimenopause or menopause, or could something else be causing them?
- [ ] Which stage do you think I'm in, based on my symptoms and periods?
- [ ] What treatment options fit my health history, both with hormones and without?
- [ ] What are the benefits and risks of each option for someone like me?
- [ ] Which screenings am I due for?
- [ ] Is there anything about my sleep, mood or heart health we should check?
- [ ] What changes should make me call you before my next visit?
- [ ] When should I follow up?

My own questions

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

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Questions by Topic

Check the questions that matter to you, and bring this page to your visit.

Hot flashes and night sweats

- [ ] Are my hot flashes and night sweats typical, or should we look for other causes?
- [ ] Am I a good candidate for hormone therapy, given my age and history?
- [ ] What non-hormone options would fit me?

Sleep

- [ ] Could my sleep problems be from night sweats, sleep apnea, restless legs or my mood?
- [ ] Should I be tested for sleep apnea?
- [ ] Would CBT for insomnia (CBT-I) help me, and where can I find it?

Mood, anxiety and brain fog

- [ ] Are my mood changes likely related to perimenopause, or could something else be going on?
- [ ] What treatment would fit me: talk therapy, medication or something else?
- [ ] Could poor sleep or another health issue be affecting my memory and focus?

Periods and bleeding

- [ ] Are my period changes normal for perimenopause, or should we check them?
- [ ] My bleeding is heavy. Should I be checked for low iron?
- [ ] When is it safe to stop birth control?

Heart

- [ ] Are my blood pressure, cholesterol and blood sugar where they should be?
- [ ] What is my heart disease risk, given my age, family history and menopause timing?
- [ ] How often should these be checked?

Bones

- [ ] Should I have a bone density test now?
- [ ] Am I getting enough calcium and vitamin D?
- [ ] What exercise is safe and helpful for my bones?

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Questions by Topic (continued)

Joints and muscles

- [ ] Could my joint pain be related to menopause, or could it be arthritis or something else?
- [ ] What strength training is safe for me to start?
- [ ] Would physical therapy help?

Weight and metabolism

- [ ] Is my weight or waist size putting me at risk for heart disease or diabetes?
- [ ] What exercise would be best for me?
- [ ] Would it help to see a dietitian?

Vaginal and bladder changes

- [ ] Could my dryness, discomfort or bladder symptoms be from low estrogen?
- [ ] I keep getting UTIs. Could this be related?
- [ ] Is low-dose vaginal estrogen safe for me? What else could I use?

Treatment options

- [ ] If I take hormone therapy, which type, dose and form would you suggest, and why?
- [ ] How long might I need treatment, and how will we decide when to stop?
- [ ] What do the recent FDA label changes on hormone therapy mean for me?

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Visit Notes · Visit 1

Fill this in during or right after your appointment.

Date

Doctor or provider

Clinic

What my doctor said

Tests ordered

Prescriptions or treatments

My next steps

Questions I still have

Follow-up appointment date

Results: how and when will I get them?

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Visit Notes · Visit 2

Fill this in during or right after your appointment.

Date

Doctor or provider

Clinic

What my doctor said

Tests ordered

Prescriptions or treatments

My next steps

Questions I still have

Follow-up appointment date

Results: how and when will I get them?

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If you feel brushed off

It happens. These calm, simple phrases can help you get the care you need.

"These symptoms are affecting my daily life. What options do we have?"

"What else could be causing this?"

"Should I see a specialist?"

"Can you note in my chart that I asked about this?"

"I'd like to get a second opinion."

A note before you go

This kit is for personal organization and general education only. It is based on research from publicly available, trusted health sources. It is not medical advice and is not a substitute for advice, diagnosis or treatment from a qualified healthcare provider. The author is not a doctor or medical professional. Always talk with your healthcare provider before making decisions about your health. In an emergency, call 911. The before-the-visit checklist follows guidance from University of Utah Health's Midlife Care program.



You deserve to feel heard, informed and well cared for.

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