NAVIGARE · MODULE 1

GP appointment prep

Fill it in, print it, hand it over at the start.

TEN MINUTES GOES QUICKLY

Fill this in before you go and hand it over at the start. It saves several minutes immediately, and it means nothing important gets forgotten under pressure.

1. My cycle, last three months

Most recent start date _____ The one before _____ The one before that _____

Shortest cycle: _____ days Longest cycle: _____ days Any gap over 60 days? _____

2. My three most disruptive symptoms, and when each started

_____

_____

_____

3. What I want from this appointment

One sentence. This is the thing people most often leave without.

_____

Useful things to say

- My cycles have shortened by about ___ days over ___ months, and at the same time my sleep, mood and joints have all changed. I would like to discuss whether this is perimenopause.
- Are there other things worth ruling out first, such as thyroid or iron levels?
- If periods are heavy: could I have a full blood count and ferritin checked?
- If genitourinary symptoms apply: I am having vaginal dryness and urinary symptoms and I would like to discuss vaginal oestrogen.

Other things worth mentioning

- [ ] Medicines and supplements I take
- [ ] Family history of breast cancer, blood clots, heart disease or osteoporosis
- [ ] Migraine, and whether I get aura
- [ ] Whether I am still using contraception

> **IF YOU COME AWAY FEELING UNHEARD**
>
> You can ask for your concerns to be recorded in your notes, request a review appointment, or ask to see a different GP or one with a specialist interest in menopause. None of these are unusual requests.

NOT MEDICAL ADVICE. Educational content only. Many symptoms have causes other than perimenopause, including thyroid disease, anaemia and diabetes. Please speak to your GP about anything that concerns you. · Module 1 · navigare-vela.com