



Menopause Appointment Prep Sheet™

A little preparation can help you explain what has changed,
ask what matters and leave with a clearer plan.

Appointment date:

Healthcare provider:

My menopause stage, if known:



1 My Top Three Concerns

What is affecting my comfort, health or daily life most?

1. _____
2. _____
3. _____



What Has Changed?

Include when it began, how often it happens and whether it is getting better, worse or staying the same.



3 What I Have Already Tried

Note lifestyle changes, treatments, medications or supplements and whether they helped.



Questions I Want to Ask

1. _____
2. _____
3. _____
4. _____



5 Health Information to Bring

- ☐ Medication and supplement list
- ☐ Recent test or screening results
- ☐ Symptom or period tracker
- ☐ Personal and family health history
- ☐ Changes in bleeding or cycle pattern
- ☐ Other: _____



Before I Leave, I Understand...

- ☐ What may be contributing to my symptoms
- ☐ Whether any testing or follow-up is recommended
- ☐ My treatment or self-care options
- ☐ What warning signs to watch for
- ☐ When to return or seek further help



My Next Step



Gentle Reminder

If time is limited, begin with your three biggest concerns. You can schedule another visit for anything that cannot be covered properly.



Martine's Midlife Wellness Tip

Bring your notes with you and use them.

You do not need to remember everything while you are sitting in the appointment.

