

Your Appointment Kit

Fill this in, print it, and bring it with you. The goal is simple: walk in with a record and a plan, so your symptoms are harder to wave off and easier to treat.

1 Two Weeks of How You Really Feel

For a week or two before your appointment, put a quick number next to each symptom at the end of the day. A pattern in your own handwriting is much harder to dismiss than “I have not felt like myself lately,” and it gives your doctor something concrete to work with.

0

 none

1

 mild

2

 moderate

3

 severe, getting in the way of my day

Symptom / Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Hot flashes														
Night sweats														
Trouble sleeping														
Mood swings or irritability														
Anxiety or feeling on edge														
Low or flat mood														
Brain fog or forgetfulness														
Fatigue or low energy														
Joint aches or stiffness														
Heavy or irregular periods														
Headaches or migraines														
Low libido														
Vaginal dryness														
Your own symptoms below														

How it is showing up in my life (work, sleep, the people I love, the things I have stopped doing):

What to Cover

You do not need to remember all of this in the moment. Tick the questions that fit you, add any of your own, and bring it with you.

IF YOU ARE NOT SURE HOW TO START

"I have been having symptoms that are affecting my daily life, and I would like to talk about whether hormone therapy is an option for me."

2 Questions Worth Asking

- ☐ Am I in the window where the benefits usually outweigh the risks? (Roughly under 60, or within about ten years of my last period.)
- ☐ Could hormone therapy help with the symptoms I have been tracking?
- ☐ Is there anything in my health history we should look at more closely before deciding?
- ☐ What are my options for how I take it, like a patch, a gel, or a pill?
- ☐ What would protect my uterus if I take estrogen, and what are the choices?
- ☐ What would we try first, and when would we check back to see if it is working?
- ☐ If I need a referral, can we start treating my symptoms while I wait?

3 Worth Mentioning From My History

Bring these up so your doctor can weigh them with you. A flag in your history is usually a reason to look closer, not an automatic no.

- | | |
|--|--|
| ☐ Blood clots, or a close family history of them | ☐ Heart disease, stroke, or high blood pressure |
| ☐ Breast cancer or another hormone-sensitive cancer | ☐ Liver trouble |
| ☐ Migraines, especially with aura | ☐ Smoking, current or recent |

4 My Own Questions

Anything else you want to make sure you ask. Write it down here so you do not forget.

5 What We Decided

What the doctor said, what we are trying, and when to follow up.

This is a prep tool to help you feel ready, not medical advice. The decision is one you and your doctor make together. Timing guidance follows the Society of Obstetricians and Gynaecologists of Canada.

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