My symptom checklist · one page

Tick what you have noticed and circle how much it bothers you. There is no score: bring the page to your doctor or GP, who looks at it together with your age and your periods.

Age

First day of last period; how periods have changed

Contraception (none / pill / coil / implant / injection / other) and medicines, herbal remedies, any hormone therapy used

The symptom that bothers me most

Health history to mention: cancer, blood clots, heart disease, other

Periods

- ☐ Periods more often than before — mild · moderate · severe
- ☐ Periods less often than before — mild · moderate · severe
- ☐ Skipped periods — mild · moderate · severe
- ☐ Heavier bleeding — mild · moderate · severe
- ☐ Lighter bleeding — mild · moderate · severe
- ☐ Periods that last shorter or longer than before — mild · moderate · severe

Heat and sleep

- ☐ Hot flashes (hot flushes) in the day — mild · moderate · severe
- ☐ Night sweats — mild · moderate · severe
- ☐ Trouble getting to sleep or staying asleep — mild · moderate · severe
- ☐ A faster, slower or more noticeable heartbeat (palpitations) — mild · moderate · severe

Mood and thinking

- ☐ Mood swings — mild · moderate · severe
- ☐ Low mood or depression — mild · moderate · severe
- ☐ Feeling anxious or irritable — mild · moderate · severe
- ☐ Problems with memory or concentration (brain fog) — mild · moderate · severe
- ☐ Not feeling like yourself — mild · moderate · severe

Vagina, bladder and sex

- ☐ Vaginal dryness, burning, irritation or itching — mild · moderate · severe
- ☐ Pain during sex — mild · moderate · severe
- ☐ More urinary tract infections, or symptoms that feel like one — mild · moderate · severe
- ☐ Needing to pee more often, including at night — mild · moderate · severe
- ☐ Leaking urine — mild · moderate · severe
- ☐ Lower sex drive — mild · moderate · severe

Body

- ☐ Muscle aches or joint pains — mild · moderate · severe
- ☐ Headaches or migraines that are worse than usual — mild · moderate · severe
- ☐ Weight gain, often around the stomach — mild · moderate · severe
- ☐ Hair thinning or hair loss — mild · moderate · severe
- ☐ Dry or itchy skin — mild · moderate · severe
- ☐ Sensitive teeth, painful gums or other mouth problems — mild · moderate · severe

Questions for my doctor or GP

Meno · hotflashlog.com · Symptoms listed by the NHS, the US Office on Women's Health and The Menopause Society. This checklist is a record for you and your clinician. It does not diagnose.
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