

Tips: how to make the most of a GP appointment



Complete a [NHS menopause symptom questionnaire](#) ahead of your appointment.

If you decide that medical treatment may be an option for your symptoms, make an appointment with your General Practitioner. Find out which practitioner in your practice has an interest in menopause (it may not be your usual GP), you are free to choose which doctor within a practice to see.

- Start the conversation about menopause, be specific about your symptoms and say if you are simply looking for reassurance of what's normal or if you want to be offered treatment
- Plan your questions and be prepared – time will be short so try to keep your questions specific and personal to you
- Be aware of your choices, hormonal and non-hormonal, medical and non-medical and think about which you wish to discuss in advance
- Don't be disappointed if it takes more than one appointment or if you are given information to read before a prescription is given. It helps if you can say you have already read one of the recommended websites
- Remember most people of the average age of menopause (45 yrs+) will not need any diagnostic blood tests for menopause. Younger people experiencing menopause, however, may need them.

Most people will not need to see a specialist. Specialist clinics may be useful for people with complex past or concurrent medical conditions, if the GP is unsure about prescribing or if you are told you are unable to have treatment.

Adapted from Peppy Menopause Services

Plus

Access further supports available

<https://www.managemymenopause.co.uk/>

Our aim is to highlight the changes you are going through at this time of your life, how these changes may impact on your long-term health and suggest small changes in your lifestyle. This should help to help manage your symptoms and reduce the risk of developing certain diseases in the future.