

Perimenopause and menopause *symptoms checklist*

Symptoms can be easy to forget in a short appointment. Tick the ones you've noticed, rate how much each one affects you, and take this sheet to your GP or practice nurse.

1 = a little 2 = quite a lot 3 = a lot, it affects my day or my sleep **GP** = worth mentioning to your GP even on its own

Date	Date of last period	Medicines or supplements		
SYMPTOM	1	2	3	
Periods				
☐ Periods coming earlier, later or less regularly	1	2	3	
☐ Periods heavier than they used to be GP	1	2	3	
☐ Any bleeding after 12 months with no period GP	1	2	3	
Heat				
☐ Hot flushes: sudden heat in the face, neck or chest	1	2	3	
☐ Night sweats	1	2	3	
Sleep				
☐ Trouble getting to sleep	1	2	3	
☐ Waking in the night, often around 3am	1	2	3	
☐ Feeling tired all the time	1	2	3	
Mood and mind				
☐ Anxiety or a sense of dread, new or worse than before	1	2	3	
☐ Mood swings, irritability or a short fuse	1	2	3	
☐ Low mood	1	2	3	
☐ Brain fog: forgetting words, losing your train of thought	1	2	3	
☐ Losing confidence	1	2	3	
Body				
☐ Heart palpitations: a racing, pounding or fluttering heart GP	1	2	3	
☐ Headaches or migraines worse than usual	1	2	3	
☐ Muscle aches and joint pains	1	2	3	
☐ Weight gain, especially around the middle	1	2	3	
☐ Dry or itchy skin	1	2	3	
☐ Thinning hair	1	2	3	
☐ Sore gums, sensitive teeth or other mouth changes	1	2	3	

SYMPTOM	1	2	3
Intimate and bladder			
☐ Vaginal dryness, itching or discomfort	1	2	3
☐ Pain or discomfort during sex	1	2	3
☐ Lower sex drive	1	2	3
☐ More urine infections, or needing to wee more urgently	1	2	3

Don't wait for a routine appointment if you have: any bleeding a year or more after your last period; chest pain, or palpitations with chest pain, breathlessness or fainting (call 999); a new lump in your breast; or thoughts of harming yourself (call 999, or Samaritans free on 116 123).

Other symptoms or notes

Questions you might want to ask

- Could my symptoms be perimenopause or menopause, or could something else explain them?
- What treatment options are there for me, including HRT and non-hormonal options?
- Is there anything I should be checked for, such as my thyroid, iron levels or blood pressure?
- When should I come back if things don't improve?