

The Peri HQ

Questions to Ask your Doctor

This question list is here to help you feel more prepared, stay focused during your appointment, and make sure you don't forget anything important. You don't need to ask every question. Pick and choose the ones that feel most relevant to your situation and symptoms.

General understanding

- ☐ Based on my symptoms, could I be in perimenopause?
- ☐ What tests, if any, do you recommend to rule out other causes or confirm hormonal changes?
- ☐ How do you typically diagnose perimenopause?

Symptoms

- ☐ Are these symptoms (e.g. irregular periods, sleep issues, anxiety, brain fog) common during perimenopause?
- ☐ Which symptoms should I be most concerned about?
- ☐ How do I know when a symptom needs further investigation?

Treatment options

- ☐ What treatment options are available for my symptoms?
- ☐ Can we talk through the risks and benefits of HRT (Hormone Replacement Therapy)?
- ☐ Are there non-hormonal treatments or lifestyle changes you would recommend?
- ☐ Do you suggest seeing a specialist, such as an endocrinologist or a menopause specialist?

Monitoring and follow-up

- ☐ How often should I come in for follow-ups or monitoring?
- ☐ What should I track between now and our next appointment (e.g. symptoms, cycle changes)?

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Impact on health

- ☐ How does perimenopause affect heart health, bone density, or mental health?
- ☐ Should I consider additional screenings (e.g. bone density scan, blood tests)?

Medication and supplements

- ☐ Are there any supplements you recommend for this stage (e.g. calcium, vitamin D, magnesium)?
- ☐ Will any of my current medications interact with treatment options?

Fertility and periods

- ☐ Is it still possible to get pregnant? Should I continue using contraception?
- ☐ What is considered "normal" or "abnormal" bleeding at this stage?

Lifestyle and support

- ☐ Are there diet, exercise, or stress management changes you recommend?
- ☐ Are there resources or support groups you trust for women going through this?