Talking to Your GP About HRT

MAKING MENOPAUSE MARVELLOUS

Be prepared. Be clear. Be heard.

You deserve to be listened to, supported and offered the right options for you.
Use this guide to feel confident and prepared for your GP appointment.

1 Before your appointment

- Complete a symptom checklist (e.g. MMM checklist).
- Score your symptoms (0–10).
- Note how long you've had them.
- Include key physical, emotional and cognitive symptoms.
- Write down any questions.
- Bring this information with you.



2 Explain the impact

Be honest about how menopause is affecting you in real terms.

- It's having a significant impact on my quality of life.
- It's affecting my work, relationships and day to day activities.
- It's having a significant impact on my partner's quality of life.
- Other people have noticed the changes and are concerned.



3 Be clear about what you want

Be specific about what you would like to discuss. For example:

- I would like to understand if HRT is right for me.
- I would like to discuss starting HRT.
- I'd like to explore my options for symptom relief.
- I'd like to know the benefits and risks.



4 Questions to ask

Here are some helpful questions to consider:

- Am I suitable for HRT?
- What are the benefits and risks for me?
- What type and dose would you recommend?
- How soon might I feel better?
- What are the possible side effects?
- When should we review how I'm going?



5 Special situations

These additional points may help in certain circumstances.

- If you are in a larger body: I have recently lost 5 to 10 kilos and my symptoms have worsened.
- If you have a complex mental health history: I have spoken to my mental health team and they agree this is not a mental health issue.
- My symptoms are keeping me from doing normal day to day activities and I have had to take time off work.
- My pain cannot be managed with reasonable over-the-counters.



6 If you don't feel heard

You have choices.

- Try asking more questions.
- Request a review.
- Seek a second opinion.
- Ask for a referral to a specialist.
- Find a GP with a special interest in menopause.
- You deserve the right care and treatment that supports your wellbeing.



My appointment notes

Use this space to write down anything you want to remember, what you want to ask or how you want to feel during your appointment.

Making Menopause Marvellous. One chat at a time.

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