



Preparing for Your Hormonal Health Appointment

Questions to Discuss With Your Healthcare Provider



Understanding hormonal health often requires looking at the whole picture. Use this checklist to help guide conversations with your healthcare provider and ensure your concerns are fully explored.

1



UNDERSTANDING MY SYMPTOMS

- Based on my symptoms, what hormone issues do you think are most likely?
- Could my symptoms be related to: thyroid problems, PCOS, perimenopause, stress, sleep, or a medication side effect instead?
- What symptoms stand out as most important to evaluate?
- Are there any symptoms that concern you medically?

2



LAB WORK & TESTING

- What tests do you recommend, and which ones are actually useful for my situation?
- When is the best time in my cycle, if I still have one, to test these hormones?
- Are there other medical conditions that should be ruled out first?
- Should thyroid testing be considered?
- Should additional metabolic or nutritional testing be considered?

3



UNDERSTANDING MY RESULTS

- If my results are "normal," what is the next step?
- How will we interpret my results?
- What does "normal" mean for someone with my symptoms?
- Are there additional evaluations that may be helpful?
- How will we monitor changes over time?

4



TREATMENT OPTIONS

- If treatment is needed, what are my options besides hormones?
- What are the risks and benefits of HRT if we consider it?
- What lifestyle changes may support my symptoms?
- What alternatives are available if I prefer not to use hormones?
- How do we decide if HRT is right for me?

5



TRACKING BETWEEN APPOINTMENTS

What should I track at home before the follow-up?

- | | |
|--|--|
| <input type="checkbox"/> Cycle changes | <input type="checkbox"/> Brain fog or concentration difficulties |
| <input type="checkbox"/> Mood changes | <input type="checkbox"/> Bleeding patterns |
| <input type="checkbox"/> Anxiety or stress levels | <input type="checkbox"/> Physical symptoms |
| <input type="checkbox"/> Sleep quality | <input type="checkbox"/> Medication changes |
| <input type="checkbox"/> Hot flashes or night sweats | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Energy levels | |

6



MY QUESTIONS

What other questions or concerns should we discuss today?



REMEMBER

You know your body best. If symptoms are affecting your quality of life, it is appropriate to ask questions, seek clarification, request additional information, and participate actively in decisions about your care.

The goal is not simply to review lab results—it is to understand the whole picture, including your symptoms, health history, lifestyle, emotional well-being, and overall functioning.

