

HRT Preparation Checklist

Your guide to preparing for a Hormone Replacement Therapy consultation

This checklist will help you prepare for your HRT consultation so you can make the most of your appointment. Bring this completed form to your consultation.

1. Medical History to Discuss

- Date of your last menstrual period (or age at menopause)
- Any previous use of HRT or hormonal contraception
- History of blood clots (DVT/PE) in you or close family
- History of breast cancer in you or close family
- History of heart disease, stroke, or high blood pressure
- History of liver disease or gallbladder problems
- Any history of migraines (with or without aura)
- Current medications (including supplements and herbal remedies)
- Any allergies to medications
- History of endometriosis or fibroids

2. Current Symptoms

Tick all symptoms you are currently experiencing and rate severity (1 = mild, 5 = severe):

Symptom	Present?	Severity (1-5)
Hot flushes / night sweats	■	_____
Sleep disturbance / insomnia	■	_____
Low mood / anxiety / irritability	■	_____
Brain fog / poor concentration	■	_____
Joint and muscle aches	■	_____
Vaginal dryness / discomfort	■	_____
Reduced libido	■	_____
Urinary symptoms (frequency/urgency)	■	_____

Fatigue / low energy	■	_____
Weight gain / bloating	■	_____
Headaches / migraines	■	_____
Palpitations	■	_____
Skin changes (dryness/thinning)	■	_____
Hair thinning or loss	■	_____

3. Questions to Ask Your Specialist

- What type of HRT is most suitable for me?
- What are the benefits and risks specific to my situation?
- How long should I take HRT?
- What side effects should I watch for?
- When should I expect to notice improvements?
- Will I need any blood tests or monitoring?
- Are there lifestyle changes that can complement HRT?
- What alternatives to HRT are available?

4. Lifestyle Information

- Smoking status (current / former / never)
- Alcohol intake (units per week: _____)
- Exercise frequency and type
- Diet and nutrition overview
- Stress levels and coping strategies
- BMI or recent weight (if known: _____)

5. Your Notes

Use this space to note anything else you would like to discuss:

This checklist is for informational purposes and does not constitute medical advice. Your MenoCareHealth specialist will provide personalised guidance based on your individual circumstances, in line with NICE and British Menopause Society guidelines.