



Symptom Checker

Think you might be experiencing perimenopause?

Use our simple symptom checker to help you get clarity. Just tick any symptoms that apply to you, then print it out and take it with you to your GP or healthcare appointment. Ideally track for at least 2 months. However if you experience abnormal bleeding or a significant decline in mental health, or are concerned seek support sooner.

According to NICE guidelines, blood hormone tests are not routinely required to diagnose menopause in individuals over 45 who are showing typical symptoms.

You are never too young or too old to start HRT, but it is not the only option to support perimenopause and needs an individual and holistic approach when being considered.



Symptom Checker

Emotional

	None	Mild	Significant	Debilitating
1. Low mood	☐	☐	☐	☐
2. Anxiety	☐	☐	☐	☐
3. Depression	☐	☐	☐	☐
4. Low self esteem	☐	☐	☐	☐
5. Lack of confidence	☐	☐	☐	☐
6. Brain fog	☐	☐	☐	☐
7. Poor concentration	☐	☐	☐	☐
8. Poor memory	☐	☐	☐	☐
9. Loss of joy	☐	☐	☐	☐
10. Crying spells	☐	☐	☐	☐
11. Lack of motivation	☐	☐	☐	☐

Notes

Symptom Checker

Physical

	None	Mild	Significant	Debilitating
1. Hot flushes	☐	☐	☐	☐
2. Visual disturbances (floaters)	☐	☐	☐	☐
3. Sleep disturbances; trouble falling asleep/ staying asleep	☐	☐	☐	☐
4. Changes to periods; heavier, lighter, longer, erratic etc	☐	☐	☐	☐
5. Headaches	☐	☐	☐	☐
6. Irritation and anger	☐	☐	☐	☐
7. Weight gain	☐	☐	☐	☐
8. Loss of libido/relationship strains	☐	☐	☐	☐
9. Dry/Itchy skin	☐	☐	☐	☐
10. Hair loss/thinning	☐	☐	☐	☐
11. Palpitations	☐	☐	☐	☐
12. Dry eyes (excessive watering)	☐	☐	☐	☐
13. Burning mouth sensation	☐	☐	☐	☐
14. Sore muscles and joints	☐	☐	☐	☐
15. Sensitive teeth/ changes to oral health	☐	☐	☐	☐
16. Skin changes (acne/rosacea)	☐	☐	☐	☐
17. Restless legs	☐	☐	☐	☐
18. Dizziness/feeling faint	☐	☐	☐	☐
19. Tinnitus	☐	☐	☐	☐
20. Body odour changes	☐	☐	☐	☐
21. New allergies	☐	☐	☐	☐
22. Digestive issues	☐	☐	☐	☐

Symptom Checker

Uro/genital

(bladder and vagina)

		None	Mild	Significant	Debilitating
1.	Vaginal/Vulval dryness	☐	☐	☐	☐
2.	Vaginal/Vulval irritation/soreness	☐	☐	☐	☐
3.	Vaginal/Vulval pain/burning	☐	☐	☐	☐
4.	Vaginal/Vulval skin thinning/splitting	☐	☐	☐	☐
5.	Vulval shrinking	☐	☐	☐	☐
6.	Loss of libido	☐	☐	☐	☐
7.	Prolapse	☐	☐	☐	☐
8.	Painful episiotomy scar	☐	☐	☐	☐
9.	Watery discharge	☐	☐	☐	☐
10.	Bleeding in between periods	☐	☐	☐	☐
11.	Inability to orgasm	☐	☐	☐	☐
12.	Bleeding after intercourse	☐	☐	☐	☐
13.	Painful intercourse	☐	☐	☐	☐
14.	Recurrent urine infections	☐	☐	☐	☐
15.	Urge incontinence (urine leaking with little warning)	☐	☐	☐	☐
16.	Stress incontinence (leaking urine when sneezing/coughing)	☐	☐	☐	☐

NICE advises that doctors should explain to women with urogenital atrophy that:

Vaginal oestrogen can be offered to women with urogenital atrophy (including those on systemic HRT) and continue treatment for as long as needed to relieve symptoms.

Vaginal oestrogen can be considered for women with urogenital atrophy in whom systemic HRT is contraindicated, after seeking advice from a healthcare professional with expertise in menopause.

Symptoms often come back when treatment is stopped

Adverse effects from vaginal oestrogen are very rare

They should report unscheduled vaginal bleeding to their GP



Consider these questions and your answers

Why do your symptoms impact your lifestyle?

Which symptoms are your biggest concern?

Where do you want to prioritise your management?

Have you tried ways to manage these symptoms already?

Do you know what is available to support you?

Are areas of your life being negatively impacted by these symptoms?

Notes
