

A PRE-APPOINTMENT TEMPLATE FROM HORMONAL HUB

Bring this *to your GP.*

Fill it in. Hand it over at the start of your appointment. You'll cover more in ten minutes than most patients do across three appointments.

MY NAME

TODAY'S DATE

DATE OF BIRTH

LAST PERIOD STARTED

CYCLE LENGTH (AVERAGE)

CYCLE REGULARITY

MY TOP 3 SYMPTOMS (BY IMPACT ON DAILY LIFE)

WHAT I WANT FROM THIS APPOINTMENT (BE SPECIFIC)

CURRENT MEDICATIONS + SUPPLEMENTS

PAST MEDICAL HISTORY RELEVANT TO THIS

FAMILY HISTORY (ESPECIALLY HORMONAL / CANCER / CARDIOVASCULAR)

3 SPECIFIC QUESTIONS I WANT ANSWERED

If you're dismissed

Politely insist: **"I'd like this documented in my notes, please."** If you still feel unheard, ask for a different GP, request a second opinion, or call NHS 111 for non-urgent advice.