Walk in prepared, not guessing.

A calm page to fill in before you see your doctor. Take a week or two, write in it as things come to mind, and bring it with you.

What I'd like from this appointment

The one to three things that matter most to me.

My main symptoms

What it is, where I feel it, how often, and how strong it is from 1 (mild) to 10 (very strong).

When it started, and what has changed

Does it follow my cycle?

The dates of my last few periods, and whether symptoms come before, during or after.

What helps, and what makes it worse

How it affects my days

Sleep, work, relationships, mood, energy.

Bring with me

- [ ] My medications and supplements, with doses
- [ ] Contraception I use or have used
- [ ] Past test results or letters
- [ ] Notes on family health history
- [ ] My cycle dates, or a report from my tracker
- [ ] This list of questions

Questions I might ask

What could be causing this?

Which tests might help, and what will they tell us?

What are my options, including ones that don't involve medication?

What should I watch for, and when should I come back or seek urgent help?

What happens next, and when?

Could you write this in my notes, or refer me if needed?

It is always fine to say "I haven't understood, could you explain it another way?" You can bring someone with you, and you can ask for key points to be written down.

After the appointment

What was agreed, my next steps and dates, and questions I still have.

The Veda Circle is a private women's health app. Your entries stay on your phone, and it builds a doctor-ready report from them for the dates you choose. Try it free for 14 days at thevedacircle.com.
This checklist is general information to help you prepare. It is not medical advice and does not replace your doctor. If you are in danger or need urgent help, call your local emergency number: 112 in Malta and across the EU, or 999 in the UK.