

Evita GyneCare Clinic

evitagynecarehospital.com

Perimenopause Self-Check

Self-awareness only. Decide if you need support for symptoms and prevention care.

Tick what applies:**Cycle changes**

- Periods are becoming irregular (closer together or farther apart).
- Flow has changed (heavier, lighter, or unpredictable).
- Spotting between periods.

Body & sleep

- Hot flushes/night sweats.
- Poor sleep or waking at night.
- New fatigue or low energy.

Mood & intimacy

- Mood swings, anxiety, or low mood.
- Low desire or pain during sex.
- Vaginal dryness/burning or recurrent UTIs.

Quick notes (fill in):

Age: _____

Last period start: ___ / ___ / ___

Main symptom: _____

Book a check-up if ANY apply:

- Symptoms affect sleep, work, mood, or intimacy.
- Bleeding becomes very heavy, prolonged, or frequent.
- New bleeding between periods or after sex.
- You want guidance on bone/heart health prevention.

Urgent care today if:

- Very heavy bleeding with dizziness/fainting.
- If no periods for 12 months and you bleed → book urgently.
- Chest pain or severe headache/vision changes (seek immediate care).

This transition isn't "all in your head." Support can be life-changing.

Bring this page and say: "I want help managing perimenopause symptoms safely."

Important: Self-awareness only. This does not confirm a diagnosis.

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Perimenopause Self-Check (visit prep)

Bring this page to help your doctor plan the right evaluation.

Bring / note these:

- Track cycles (dates and heaviness) for last 3 months.
- Hot flush/night sweat frequency and sleep pattern.
- Mood changes and any new medications.
- Vaginal dryness/UTI symptoms and sexual pain details.
- Family history (clots, heart disease, cancers) if considering hormones.

What your clinician may do:

- Confirm stage and rule out other causes (thyroid/anemia if relevant).
- Discuss lifestyle, non-hormonal options, and hormones if appropriate.
- Preventive care guidance (BP, sugars, lipids, bone health).
- Follow-up plan aligned to your goals and comfort.

You deserve clarity - and you deserve respectful care.

To book: evitagynecarehospital.com