

# Your HRT Doctor Appointment

## Question Checklist & Preparation Guide

A free resource from Verbose Publications

**How to use this checklist:** Print this page and bring it to your first appointment with a menopause-specialist gynecologist. Check off questions as you ask them, and use the notes lines to capture your doctor's answers. You deserve complete information — don't leave without getting it.

■ **Tip:** Not sure where to find a qualified provider? Visit [menopause.org](https://www.menopause.org) and use the 'Find a Provider' tool to locate a certified menopause specialist near you.

### SECTION 1 — About Your Symptoms

- Based on my symptoms, do you think I'm in perimenopause or menopause?
- Do I need blood work, or can we diagnose based on my symptoms?
- Which of my symptoms are most likely hormone-related?
- Are there any symptoms I've described that concern you for other reasons?
- How long might my symptoms last without treatment?

Notes:

---

---

### SECTION 2 — About HRT Options

- Am I a good candidate for HRT based on my health history?
- Do you recommend transdermal estrogen (patch, gel, spray) over oral pills? Why or why not?
- What type of progesterone do you typically prescribe — bioidentical or synthetic?
- Would vaginal estrogen be appropriate for me, even alongside systemic HRT?
- Is testosterone something we should consider for my symptoms?
- What dose would you start me on, and how will we know if it's working?
- How long will it take to feel a difference?

Notes:

### SECTION 3 — Safety & Risk

- Given my personal and family medical history, what are my specific risks with HRT?
- I've heard about the WHI study — how does current research change the risk picture?
- What is my actual breast cancer risk on HRT, based on my individual history?
- Are there any conditions in my history that would make HRT unsafe for me?
- What warning signs should I watch for once I start?

Notes:

### SECTION 4 — Monitoring & Follow-Up

- How often will we check in to see how the HRT is working?
- Will you monitor my hormone levels with blood tests, or go by symptoms?
- What do I do if I have side effects before my next appointment?
- When would you recommend adjusting my dose?
- How long can I expect to stay on HRT?

Notes:

### SECTION 5 — Practical Questions

- Will my insurance cover HRT, or will it be out of pocket?
- Do you have a preferred pharmacy, or can I use a compounding pharmacy?
- Are there lifestyle changes that will make HRT more effective?
- Are there medications or supplements I'm taking that could interfere?
- What should I track between now and my follow-up appointment?

Notes:

---

---

### MY PERSONAL NOTES & QUESTIONS TO ADD

Write your own questions or notes here:

---

---

---

---

---

---

*This checklist is for informational purposes only and does not constitute medical advice. Always consult a qualified healthcare provider before beginning any hormone therapy.*

© Verbose Publications — Free to share. Find more resources at [verbosepublications.com](http://verbosepublications.com)