

Menopause symptoms checklist (printable)

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This is a conversation aid to take to your GP, not a diagnostic test. There is no score and no cut-off. Tick anything you have noticed, add how long it has been going on and how much it affects your daily life, and take it to your appointment. The symptoms below are grouped as clinicians group them and are drawn from the NHS menopause and perimenopause symptoms page.

Name: _____ Date: _____

Vasomotor (temperature) symptoms

- ☐ Hot flushes (face, neck and chest suddenly feel very hot)
- ☐ Night sweats
- ☐ Palpitations (noticeable heartbeat) with flushes

Psychological and cognitive symptoms

- ☐ Low mood or feeling depressed
- ☐ Anxiety
- ☐ Mood swings
- ☐ Irritability
- ☐ Problems with memory or concentration (brain fog)

Physical symptoms

- ☐ Difficulty sleeping
- ☐ Tiredness or low energy
- ☐ Headaches or migraines that are worse than usual
- ☐ Muscle aches and joint pains
- ☐ Palpitations
- ☐ Weight gain or a change in body shape (often around the stomach)
- ☐ Skin changes, including dry or itchy skin
- ☐ Hair thinning or hair loss

- ☐ Changes to your periods (more or less frequent, heavier or lighter)

Urogenital and sexual symptoms

- ☐ Vaginal dryness, burning, irritation or itching
- ☐ Pain or discomfort during sex
- ☐ Reduced sex drive
- ☐ Needing to pee more often or urgently, or leaking
- ☐ Recurrent urinary tract infections (UTIs)

For each symptom you ticked, note:

- When it started: _____
- How often it happens: _____
- How much it affects daily life (a little / a lot): _____

Questions you might ask your GP

- Are these likely to be perimenopause or menopause symptoms?
- What are my options, including HRT and non-hormonal approaches?
- What are the benefits and risks for me specifically?
- Should anything else be checked first?

When to contact your GP sooner

Contact your GP if you think you have symptoms of menopause or perimenopause and want to know your options. See a GP promptly about any bleeding after the menopause, any new or severe palpitations, or persistent low mood, as these are treatable and worth checking.

Sources:

- NHS, Menopause and perimenopause symptoms.
<https://www.nhs.uk/conditions/menopause-and-perimenopause/symptoms/>
- NICE guideline NG23, Menopause: identification and management.
<https://www.nice.org.uk/guidance/ng23>

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