

## How to talk to your GP about menopause

### *Don't wait*

You don't need to "put up with it." If symptoms are affecting your wellbeing, seek support. If you notice any new or concerning symptom, speak with your GP.

### *Read the NICE guidelines*

NICE (National Institute for Health and Care Excellence) provides clear guidance on menopause care. It may help you understand what support you should expect <https://www.nice.org.uk/guidance/ng23/informationforpublic>

### *Prepare for your appointment*

Blood tests are not always reliable during menopause due to fluctuating hormones, so clinicians rely on your symptom history. You may find it helpful to use the Greene Climacteric Scale to record and understand your symptoms <https://patient.info/womens-health/greene-menopause-scale>

### *Track your symptoms*

Include:

- Menstrual cycle changes
- Mood, anxiety, or low mood
- Sleep patterns
- Hot flushes / night sweats
- Palpitations
- Cognitive changes ("brain fog")
- Pain, fatigue, or other changes

Use written notes or an app such as the Balance app. Bring your list to your appointment. Also consider your preferences (e.g., wanting to explore Hormone Replacement Therapy (HRT) or non-hormonal treatments).



*Ask the receptionist which GP to see*

Receptionists often know which GP or HCP has additional menopause training or interest. It may not be your usual doctor.

*Ask for a longer appointment*

Request a double appointment if the practice allows it. Ten minutes is often not enough for a full menopause conversation.

*Don't be afraid to ask for a second opinion*

If your concerns aren't addressed or you feel unheard, you can speak to another clinician. Your symptoms and quality of life matter.

*Ask about menopause clinics*

Specialist menopause clinics exist across the UK. Ask your GP whether a referral is appropriate. Find NHS or private specialists here: <https://thebms.org.uk/find-a-menopause-specialist/>

*Take someone with you*

A partner, friend, or family member can support you, offer reassurance, and help you remember key information.

*What to expect from your GP / Doctor / HCP*

They should:

- Discuss lifestyle approaches and long-term health
- Offer information on HRT and non-hormonal options
- Explain safety, risks, and effectiveness
- Work collaboratively with you on next steps

They should not:

- Dismiss symptoms as "just your age"
- Say they don't prescribe HRT
- Impose unnecessary limits on treatment length



Good menopause care should be personalised and ongoing.



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

