

Perimenopause Symptom Checklist

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Tick anything you've noticed over the last few months, add your notes, and take this with you to your GP appointment. A written picture of your symptoms leads to a better conversation and better care. If you're over 45, your GP can diagnose perimenopause from symptoms alone; no blood test is needed.

Your cycle

- ☐ Periods closer together or further apart
- ☐ Heavier or lighter bleeding than usual
- ☐ Skipped periods
- ☐ PMS noticeably worse

Your body

- ☐ Hot flushes
- ☐ Night sweats
- ☐ Waking in the early hours
- ☐ Fatigue that rest doesn't fix
- ☐ Joint or muscle aches
- ☐ Heart palpitations
- ☐ Headaches or migraines changing pattern
- ☐ Weight gain, especially around the middle
- ☐ Breast tenderness
- ☐ Vaginal dryness or discomfort
- ☐ More frequent urinary infections
- ☐ Skin or hair changes

Your mind & emotions

- ☐ Anxiety, new or worse
- ☐ Low mood or flatness
- ☐ Irritability or rage out of character
- ☐ Mood swings
- ☐ Brain fog or forgetfulness
- ☐ Difficulty concentrating
- ☐ Loss of confidence
- ☐ Reduced interest in sex
- ☐ Not feeling like yourself

Notes for your GP

Helpful to note: when your last few periods were, which three symptoms affect you most, and what you'd like help with first.