

Menopause Symptoms? What to Track Before Your Appointment

A symptom tracker is a record—not a diagnosis. Bring the information to your healthcare professional so it can be considered in context.

By Health Atlas Editorial Team · Printable checklist prepared September 24, 2026 · health-atlas.site

What Should You Track for Menopause?

A quick way to organize what you've noticed before your appointment — not a diagnostic tool. Symptom checklists built for menopause are usually designed around the years after your last period; perimenopause has its own, more fluctuating pattern that a single checklist doesn't always capture well. Check what applies, print it if that's useful, and bring it with you — your own words about what's changed still matter more than any list.

Periods

- ☐ Skipped or irregular periods
- ☐ Cycles shorter or longer than usual
- ☐ Lighter or heavier flow than usual
- ☐ Bleeding between periods

Hot flashes & night sweats

- ☐ Hot flashes during the day
- ☐ Night sweats that wake you up
- ☐ Sudden flushing in the face, neck or chest

Sleep

- ☐ Trouble falling asleep
- ☐ Waking during the night
- ☐ Waking earlier than you want to
- ☐ Feeling unrested in the morning

Mood & thinking

- ☐ Irritability
- ☐ Anxiety
- ☐ Low mood
- ☐ Memory lapses
- ☐ Trouble concentrating

Vaginal, sexual & urinary

- ☐ Vaginal dryness or irritation
- ☐ Pain with sex
- ☐ Urinary urgency or frequency
- ☐ Waking at night to urinate
- ☐ More frequent urinary tract infections

Other physical changes

- ☐ Joint aches or stiffness
- ☐ Changes in hair or skin
- ☐ Changes in weight or where weight sits

Impact on daily life

- ☐ Affecting your sleep
- ☐ Affecting your work
- ☐ Affecting relationships
- ☐ Affecting exercise or daily activities

This checklist is a starting point for the conversation, not a substitute for it. It cannot tell you whether you are in perimenopause, and checking several boxes does not mean you need treatment — it means you have specific things worth describing to a clinician in your own words.

Your One-Minute Appointment Summary

Before your appointment, look back through your notes and create a short summary.

The three changes bothering me most are:

I first noticed them:

They happen approximately:

The biggest effect on my daily life is:

The main thing I want to understand today is:

Keep a Current List of Medications and Supplements

Before your appointment, make a list of what you currently take. Include: prescription medications; over-the-counter medications; vitamins; herbal products; dietary supplements; birth control, if applicable. It can also be useful to mention anything you started or stopped around the time your symptoms changed.

Write Down What You Actually Want From the Appointment

Before you go, choose your priorities. Your questions do not need to sound medical. They need to reflect what matters to you.

You might want to ask

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| ☐ Could these changes fit with perimenopause? | ☐ What treatment approaches could be appropriate for my situation? |
| ☐ Are there other possible causes we should consider? | ☐ What are the potential benefits and risks of those options? |
| ☐ Which symptoms are most important for me to monitor? | ☐ When should I follow up? |
| ☐ Do any of my bleeding changes need evaluation? | ☐ What changes should prompt me to contact you sooner? |
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Talk with a healthcare professional about unusual bleeding

Examples include bleeding or spotting between periods, bleeding after sex, bleeding that is much heavier or lasts longer than usual, and any vaginal bleeding after menopause. If bleeding is very heavy or you feel acutely unwell, seek prompt medical care rather than waiting for a routine appointment.

ACOG published updated clinical guidance in 2026 emphasizing prompt evaluation of postmenopausal bleeding.

Medical disclaimer: Health Atlas provides educational information and does not diagnose medical conditions or replace individualized care from a qualified healthcare professional.

Sources reviewed: American College of Obstetricians and Gynecologists (ACOG) — *Menopause Symptom Tracker*; ACOG — menopause and perimenopause patient education; ACOG — guidance on perimenopausal and postmenopausal bleeding; U.S. Office on Women's Health — *Menopause Basics*; The Menopause Society — patient education on menopause symptoms.

Full article and updates: health-atlas.site/menopause-symptoms-what-to-track-before-your-appointment/ · Source article last updated September 8, 2026 · Free to print and share.