

## NVP Menopause/HRT questionnaire

In order to get the most from your menopause consultation please can you return the filled-out questionnaire to the surgery prior to your consultation.

Please return forms to [reception.nightingale@nhs.net](mailto:reception.nightingale@nhs.net) (either scan and email or bring into the surgery for reception to scan onto your notes). We will then book a consultation with an appropriate clinician.

**PLEASE NOTE THIS WILL NOT BE READ BY A HEALTHCARE PROFESSIONAL UNTIL YOUR CONSULTATION SO DO NOT WRITE ANYTHING ON THIS FORM THAT NEEDS AN URGENT ANSWER.**

Name:

DOB:

Date:

1. Blood pressure – **\* Important to do prior consultation\*** (from home machine reading surgery waiting room).
2. Weight Height
3. Do you smoke and if so, for how long and how many a day?
4. How much alcohol do you typically drink a week?
5. Please describe your main symptoms e.g. mood changes, hot flushes/night sweats, forgetfulness, musculoskeletal issues
6. What hormonal treatment or contraception are you on? Do you plan to continue this?
7. What have you already tried to help your menopausal symptoms?
8. Do you want to start HRT?
9. Have you got a Mirena coil in place and if so when/where was this fitted? Mirena coils need changing every 5 years if used as part of HRT.
10. Have you had a hysterectomy (womb surgery)? Was this a full hysterectomy or partial (i.e. did they leave your cervix/entrance to the womb?)

11. Do you have a history of endometriosis?
12. When was your last period and what have your periods been like over the last year?
13. Do you have any unexpected spotting or bleeding?
14. Have you or a close family relative (ie parent or sibling) ever had breast cancer? If so, what age were you/they when it was first diagnosed?
15. Have you ever had and if so, when?

CONDITION	PLEASE DOCUMENT IF YES
Clots in the legs or lungs	
Heart disease or stroke	
Heart attack or Angina	
Active liver disease	
Migraine	

16. Do you have a personal history of weak bones or Osteoporosis?
17. Are you up to date with breast and cervical screening?

**Please note GPs are not currently able to initiate testosterone prescriptions in our CCG.**

Useful websites prior to your consultation:

Symptom checker - <https://www.menopausematters.co.uk/greenscore.php>  
[Menopause | Symptoms and Treatment | Patient](#)

[Menopause: A healthy lifestyle guide | CUH](#)

<https://www.womens-health-concern.org/wp-content/uploads/2019/10/WHC-UnderstandingRisksofBreastCancer-MARCH2017.pdf>

<https://pcwhf.co.uk/wp-content/uploads/2018/11/HRT-Myths-Uncovered.pdf>

<https://www.menopausematters.co.uk/>

<https://podcasts.apple.com/gb/podcast/the-dr-louise-newson-podcast/id1459614845>