

MENOPAUSE SYMPTOMS CHECKLIST



Please tick and rate your symptoms. Print and take it with you when you go to see your doctor.

GENERAL SYMPTOMS	MILD	MODERATE	SEVERE	NOTES
Low mood				
Mood swings				
Anxiety				
Panic attacks				
Irritability				
Tearfulness				
Loss of joy (anhedonia)				
Loss of confidence				
Memory problems				
Brain fog				
Poor concentration				
Loss of energy/fatigue				
Insomnia/Sleep problems				
Night sweats				
Hot flushes				
Headaches/migraines				
Heart palpitations				
Joint or muscle pains				
Dry mouth				
Dry eyes				
Itchy skin/a feeling like ants are crawling under your skin (formication)				
Changes to periods (lighter, heavier, more/less frequent)				
Weight gain				
Dizziness/light headedness				
Ringling in the ears (tinnitus)				



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GENERAL SYMPTOMS	MILD	MODERATE	SEVERE	NOTES
Restless legs				
Hair loss/thinning				
Low libido				
Increased allergies				
Bloating/gas/reflux				
Burning tongue				

GSM SYMPTOMS	MILD	MODERATE	SEVERE	NOTES
Vaginal dryness				
Pain during or after sex				
Bleeding after sex				
Vulval pain/itching/				
Irritation/burning (external)				
Skin splitting or tearing				
Labia shrinking				
Clitoris shrinking				
Clitoral pain				
Abnormal bleeding				
Painful episiotomy scar				
Changes in discharge (watery)				
Increased UTIs				
Stress urinary incontinence (e.g. peeing when you sneeze, exercise or cough)				
Urge incontinence (need to go NOW)				
Frequent urination				
Prolapse				
Painful smear test				

