

What's Changing in Midlife?

A Gentle Self-Reflection Quiz

A thoughtful tool to help you notice patterns,
reflect on what feels different,
and prepare for a healthcare conversation.



Notice *patterns*. Reflect *gently*. Prepare *questions*.

Appointment Preparation Checklist

A calm place to gather what matters before you speak with a healthcare professional.

PURPOSE

Use this tool to organise your concerns, notice patterns, prepare questions, and record what happens during your appointment. It is designed to support clearer conversations, especially when it is hard to remember everything in the moment.

WHO IT IS FOR

Any woman or person using FemPhases who wants help preparing for a routine, follow-up, or new health appointment. You can complete as much or as little as feels useful.

HOW TO USE IT

Start with your main concerns, add any dates or patterns you remember, then choose the questions you most want answered. Bring it with you or use it as a prompt.

Appointment snapshot

Your name or initials

Appointment date

Time

Healthcare professional or service

Location or contact details

Appointment type

☐

In person

☐

Phone

☐

Video

☐

Not sure

What would make this appointment feel useful to you?

What this tool means

This is an educational and reflective planning tool. It is not a diagnostic test, it is not based on a validated clinical measure, and it does not produce a score. What you write may help a healthcare professional understand your experience, but it cannot confirm or rule out a condition.

Privacy note

This checklist may contain private health information. Use initials if you prefer, store the file securely, avoid leaving printed copies in shared spaces, and only share it with people you choose.

Main concerns

PREPARE

Begin with the issues that matter most to you. Everyday words are enough. You do not need to know the medical name for what you are experiencing.

1 Choose your priorities

Tick any prompt that helps. There is no right number of concerns to include.

- ☐ A new symptom or change ☐ Something ongoing ☐ A treatment concern
- ☐ A question about hormones or life stage ☐ Something affecting daily life

1 Concern 1

What is happening?

When did you first notice it?

How often or when does it happen?

What seems to improve or worsen it?

2 Concern 2

What is happening?

When did you first notice it?

How often or when does it happen?

What seems to improve or worsen it?

3 Concern 3

What is happening?

When did you first notice it?

How often or when does it happen?

What seems to improve or worsen it?

 Your priorities can change. Circle, highlight, or add a star beside the concern you most want to discuss first.

When symptoms began and patterns noticed

NOTICE

Dates can be exact or approximate. Words such as "around the start of winter" or "after changing medication" can still be useful.

2 Build a simple timeline

FIRST NOTICED

WHAT CHANGED NEXT

WHAT IT IS LIKE NOW

3 Patterns I have noticed

Tick possibilities or leave them blank. A pattern can be real, uncertain, or still emerging.

☐ Time of day

☐ Menstrual cycle or hormonal stage

☐ Food or drink

☐ Sleep

☐ Stress or emotional load

☐ Physical activity

☐ Sex or intimacy

☐ Medication or supplement timing

☐ Weather or temperature

☐ No clear pattern yet

☐ Not sure

☐ Something else

Describe any pattern, change, or context you want to remember

4 A short pattern log

Use a few entries only if it helps. This is not a severity score.

Date / time	What I noticed	What was happening around it	What helped or made it harder

How symptoms affect daily life

REFLECT

Describe what changes on an ordinary day. Impact may vary, and small details can help explain why something matters to you.

5 Areas of life affected

☐ Sleep or rest☐ Home tasks☐ Eating or digestion☐ Mood or emotional wellbeing☐ Caring responsibilities☐ Finances or access to care☐ Work, study, or concentration☐ Movement or exercise☐ Sex, intimacy, or relationships☐ Social life☐ Confidence or body image☐ Something else

What is hardest on a difficult day?

What can you still do, even on a difficult day?

What has changed compared with your usual baseline?

What support, adjustment, or relief would help most?

A specific example I want to share

For example: "I have started leaving work early twice a week" or "I wake several times most nights."

A helpful reminder

Impact is personal. You do not have to compare your experience with anyone else or prove that it is "bad enough" before asking for help.

Medications and supplements

ORGANISE

List prescribed medicines, over-the-counter products, vitamins, herbal products, and anything used only occasionally. Bring packaging or a current medication list when practical.

6

Current medicines and supplements

Name	Dose / strength	How often	Why I take it	Helpful effects, side effects, or questions

Allergies, sensitivities, or past reactions

Pharmacy or prescribing service details

Medication safety

Do not stop or change a medicine because of this checklist. Discuss concerns with an appropriate healthcare professional, especially if you are worried about side effects, interactions, pregnancy, or breastfeeding.

Previous treatments, tests, and care

REVIEW

Record what you have already tried, including self-care, therapy, procedures, tests, referrals, or advice. "I cannot remember" is also useful information.

7

What has already happened?

Treatment, test, or appointment	When	What happened or what I was told	Helpful, unhelpful, side effects, or follow-up

Records, letters, test results, or photos I may bring

Anything I would prefer not to repeat, and why

Previous care can guide the conversation, but it does not lock you into one explanation or plan. You can ask what other options are available and why a next step is being suggested.

Questions to ask

COMMUNICATE

Choose the questions that matter most. It is fine to read them directly from the page, ask for plain language, or request time to think.

8 Question

- | | |
|--|---|
| ☐ What are the possible explanations for what I am experiencing? | ☐ What information would help you understand this more clearly? |
| ☐ Are any tests, examinations, or referrals worth considering? Why? | ☐ What are the benefits, limits, and possible side effects of each option? |
| ☐ What can I do now while I am waiting for the next step? | ☐ How will we know whether the plan is helping? |
| ☐ When should I arrange follow-up? | ☐ What changes should prompt me to seek advice sooner? |
| ☐ Could medicines, supplements, stress, sleep, or hormonal changes be relevant? | ☐ Where can I find reliable information or support? |

9 My three priority questions

1

2

3

Other questions, worries, or words I want explained

During the conversation

You can ask the healthcare professional to repeat information, write it down, explain alternatives, or check your understanding. Bringing a trusted person may also help if that feels right for you.

Notes from the appointment

RECORD

Use brief words or full sentences. Leave blank space for anything you want to add later.

10

What I heard and understood

The healthcare professional's understanding of my concerns

Possible explanations discussed

Tests, examinations, or referrals discussed

Treatment or self-care options discussed

Medication changes or instructions

What to watch for, and when to seek advice sooner

FOLLOW-UP DETAILS

Next appointment or review date

Who will contact whom?

Expected timeframe

Anything I need to arrange before then

Words, terms, or instructions I want to check later

Reflect and plan next steps

FOLLOW UP

A few minutes after the appointment can help you notice what feels clear, what remains uncertain, and what needs doing next.

11 How clear does the plan feel?

- ☐ I understand the main plan
- ☐ I understand why it was suggested
- ☐ I know what I need to do next
- ☐ I know when follow-up should happen
- ☐ I need clarification about part of the plan
- ☐ I want to discuss another option

What feels clear, helpful, or reassuring?

What still feels uncertain or needs clarification?

12 Next-step tracker

Action or next step	Who is responsible?	By when?	Done
			☐
			☐
			☐
			☐

Questions that came up after the appointment

What your notes do - and do not - mean

There is no score or result. Your notes show what you noticed and what was discussed. They do not show whether you have a condition, whether a treatment is right for you, or how urgent a concern is. A healthcare professional can interpret your history in context and advise on appropriate follow-up.

Personal notes, privacy, and next steps

KEEP

Keep this final page for anything that did not fit elsewhere, including feelings, reminders, or questions you want to revisit.

13 Personal notes

PRIVACY

Use initials if preferred. Save the file in a protected location, avoid shared devices or printers, and remove copies you no longer need.

SUGGESTED NEXT STEPS

Bring this checklist to the appointment. Afterward, complete the action tracker, arrange agreed follow-up, and contact the service if you need clarification.

WHEN CONCERN REMAINS

Seek appropriate professional advice if symptoms persist, worsen, affect your safety or daily functioning, or continue to worry you. Use urgent services if you feel seriously unwell or unsafe.

ABOUT THIS TOOL

This checklist is educational and reflective. It has not been developed as a validated diagnostic instrument and does not calculate risk, severity, or a clinical result. It may help you organise information, notice possible patterns, and communicate more clearly. A healthcare professional will consider your symptoms, history, examination, tests, preferences, and wider circumstances.

This tool supports awareness and preparation, but it does not replace personalised professional assessment.

