



Menopause Symptom Checker

Functional Wellness Practitioner, women's and men's hormone health

This is not a test, and it cannot tell you whether you are in perimenopause or menopause. It is a way of noticing what is going on for you and finding the words for it, so that you can talk it through with your GP, pharmacist or health practitioner.

Tick whatever applies to you at the moment. Next to each one, jot down how often it happens (daily, weekly, now and then) and how much it bothers you (a little, quite a lot, a great deal). A rough picture is enough.

Hormone levels swing from day to day, so a single blood test often tells you very little. NICE guidance says that for women over 45, a GP can usually recognise perimenopause from the symptoms alone, which is why your notes matter.

Temperature

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Hot flushes: sudden, intense heat spreading through the body	☐	
Night sweats: waking up drenched	☐	
Feeling chilly: cold even when others are warm	☐	

Sleep and mood

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Sleep: trouble falling asleep, staying asleep, or waking early	☐	
Restless legs: an urge to move your legs, often worse at night	☐	
Anxiety: more worry or nervousness than usual, or sudden panic	☐	
Irritability: a short fuse, or quick, strong swings in mood	☐	
Low mood: feeling down, or losing pleasure in things you used to enjoy	☐	
Feeling flat: detached, or not feeling things as strongly as you used to	☐	

Head and thinking

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Brain fog: difficulty concentrating, focusing or thinking clearly	☐	
Memory lapses: trouble finding names, words or recalling recent events	☐	
Dizziness: feeling unsteady, or as if the room is spinning	☐	
Headaches or migraines: new, or a change in how often or how strong	☐	
Tinnitus: ringing, buzzing or hissing in the ears	☐	

Periods

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Irregular: shorter, longer or less predictable cycles	☐	
Very light: periods that are unusually light	☐	

Body, skin and energy

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Aches: stiff, sore or achy joints	☐	
Muscle tension: tightness or cramping	☐	
Tiredness: feeling worn out even after rest	☐	
Weight: gaining, especially around the middle	☐	
Digestion: more bloating or gas, or new food sensitivities	☐	
Skin: dry or itchy skin	☐	
Hair: thinning, or more shedding than usual	☐	
Nails: brittle, chipping or breaking easily	☐	
Body odour: a change in your natural scent	☐	
Breakouts: new or returning, especially along the jawline	☐	

Intimate and urinary

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Dryness: vaginal dryness, itching or irritation	☐	
Comfort: discomfort or pain during sex	☐	
Sex drive: a noticeable drop	☐	
Urgency: needing to wee more often, or suddenly	☐	
Leaking: when you cough, sneeze or laugh	☐	
Infections: frequent urinary or vaginal infections, or UTI-like symptoms such as burning when you wee	☐	

Mouth, eyes and other sensations

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Dry mouth: waking with a dry mouth, sipping water often, or finding dry food hard to eat	☐	
Taste: food tastes different, for example metallic, salty or bitter	☐	
Burning: burning, pain or tenderness in the tongue, lips or cheeks	☐	
Gums: sore, swollen or bleeding gums	☐	
Teeth: more sensitive to hot, cold or acidic food	☐	
Dry eyes: gritty, itchy or blurry eyes, or sensitivity to light	☐	
Tingling: pins and needles in your hands, feet or limbs	☐	

What else is going on?

None of these cause menopause, but they can make a difficult transition harder to carry. Tick any that sound like you.

- ☐ Shift work, or waking nights
- ☐ A stressful stretch, at work or at home
- ☐ Not sleeping well
- ☐ Skipped meals, or sugary pick-me-ups to get through the day
- ☐ Looking after children, parents or both
- ☐ Medication I take regularly (note it down for your GP or pharmacist)
- ☐ Another health condition

Please speak to your GP first

These are not for waiting on or working out yourself. If any of them apply, please book a GP appointment.

- ☐ Heart fluttering, racing or pounding (palpitations)
- ☐ Very heavy bleeding, flooding, or bleeding with pain
- ☐ Bleeding between periods, after sex, or after your periods have stopped for a year
- ☐ Pain that does not go away and has no clear reason
- ☐ A lump you cannot explain
- ☐ A mouth ulcer that has not healed in three weeks, a red or white patch in your mouth, or a lump in your mouth or neck (see your dentist or GP)
- ☐ Feeling unwell on a medication you already take

If your mood feels very low, or you have thoughts of harming yourself, please speak to your GP today or call Samaritans free on 116 123, day or night.

Before your appointment

Take this sheet with you. These prompts help you say what you came to say.

What bothers me most	
When it started, and what has changed	
What I would like to ask	
Anything else	

This sheet is general information, not medical advice, and it cannot diagnose anything. I do not diagnose or prescribe, and I work alongside your GP, never instead of them.

If you would like help putting the pieces together, I offer one-to-one consultations and The Metamorphosis Programme, a 12-week self-led online programme. Details at rhustrand.co.uk.

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