

# Fempower Health

## Practitioner Appointment Cheat Sheet

### HOW TO USE

No one knows your body better than you. However, we may either forget about things going on or grin and bear any suffering we may have. Use this list as a reminder of the things you should monitor on an ongoing basis and share with your practitioner at your next appointment. This includes a medical doctor, naturopath, acupuncturist or anyone else who treats your medical conditions.

Remember, they see dozens of patients per day and you typically only have a small portion of their long day. Make it count!

# PRACTITIONER APPOINTMENT CHEAT SHEET

## YOUR CYCLE

- # of days your cycle is (Day 1 of bleed to day before next bleed)
- # of days of bleed
- Degree of bleeding (e.g., # of tampons/ pads changed per day)
- Color of bleed (which may vary throughout)
- Whether & when you feel cramps & the degree of your pain
- Whether you have breakthrough bleeds

## SYMPTOMS

- What are they?
- Where do you feel it?
- When to they occur?
- How often do they occur?
- Does it impact your daily life? Which activities? How are these activities impacted?
- Does anything improve your symptoms? What?

## MEDICATIONS

- Over the counter
- Supplements
- Prescriptions
- Include name, dose, and side effects

### Pro Tip:

Bring your Basal Body Temperature (BBT) Charts  
(~3 month period)

# PRACTITIONER APPOINTMENT CHEAT SHEET

## HABITS

- Typical day's activities
- Diet
- Sleep (# of hours, how well you sleep, time to sleep vs. rise)
- Whether and how much you smoke/drink

## YOUR LIFE

- Is there something happening in your life (regardless of how big or small)?

## DIAGNOSES

- Have you been diagnosed with anything?
- Is there a condition you may think you have? Why do you think so?
- What is your family history of diagnoses?

**No one knows  
you better than  
you!**

### Pro Tip:

- Provide examples to help your doctor have a better peak into your daily life.
- Remember to bring up your sex life. OK to feel embarrassed, but the doctor is there to help you!