Balance & Beyond UK

A LITTLE HELP FOR YOUR NEXT APPOINTMENT

Let's Talk About Your Lady Bits! 🌸

Vaginal oestrogen: what to ask your GP

Not sure how to bring up dryness, soreness or those blooming UTIs? Here's a little checklist to take along with you.

🌻 Before you go...

What symptoms have I noticed?

How long have they been happening?

What have I already tried to help with my symptoms?

How is this affecting everyday life?

A question to get you started...

"Could menopause-related changes be contributing to my symptoms, and would vaginal oestrogen be suitable for me?"

🌸 Questions for your GP

Could vaginal oestrogen help alongside my HRT?

What options are available?

When might I notice a difference?

Do my recurring symptoms need further checks?

A little reminder: Vaginal oestrogen won't treat an active UTI. If you notice blood in your wee, even just once, please contact your GP to get it checked.