# What I’m Noticing

A little space to make sense of changes

You can use this sheet before an appointment or whenever you want to gather your thoughts. A few words are enough. Skip anything that doesn’t help you.

## What feels different?

Think about your periods, sleep, warmth or sweating, mood, comfort, or energy. Which change would you most like support with?

## About when did it begin?

Is there a pattern you’ve noticed? What was happening around that time?

## How is it affecting your day?

For example: “I’m waking several nights a week and finding it harder to concentrate.” Your own words are helpful.

## What would make this week easier?

One useful change might be a simpler lunch, more comfortable bedding, a walk with a friend, or asking someone to share a task.

KEEP WITH YOUR NOTES

# A conversation worth having

## My two most important questions

What would I like to understand? What would I like help with?

## What I’m already using or trying

Bring a list of medicines and supplements, including names, amounts, and how often you use them. A photo of a product label can help. Include allergies and health conditions you want your healthcare professional to know about.

## What I’d like to explore next

You might ask about food choices, sleep support, a particular plant preparation, or hormonal and nonhormonal options. There is room to explain your preferences.

# A few changes to bring up promptly

Contact your healthcare professional about bleeding between periods or after sex, unusually heavy bleeding, or bleeding lasting longer than a week. Any vaginal bleeding after menopause needs assessment. If you’re soaking through a pad or tampon every hour for more than two hours and also feel lightheaded or dizzy, have chest pain, or are short of breath, seek emergency care.

## One next step I’m choosing

What would feel helpful and manageable for you?

General wellness education. Not a substitute for personalized medical care. Personal notes, not a diagnostic checklist. Prepared November 6, 2026. Bleeding guidance: ACOG; Office on Women’s Health.