

Perimenopause Checklist

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Perimenopause is the time leading up to menopause. In perimenopause, you can experience a range of changes that can affect your body, mind and period. Everyone's experience of perimenopause is different. For some people, changes to their period is the first sign of perimenopause.

This resource has been developed to guide people about perimenopause symptoms, which can be experienced by people of all genders & abilities. Perimenopause happens in different ways for different people.

Symptoms are something you feel or experience in your body or mind that may signal a change. Symptoms of perimenopause indicate that your body is changing because of the natural progression to menopause.

This checklist can be used as a guide to identify whether you might be experiencing symptoms of perimenopause. It may be useful to take to your doctor or any other appointments where you want to talk about your perimenopause symptoms.

Perimenopause Checklist



Thrive Rehab:
Perimenopause Checklist
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☐ Missed a period?

☐ Had more periods than usual?

☐ Noticed you are bleeding more?

☐ Felt sweaty and hot in your body?

☐ Had difficulty sleeping?

☐ Had pain in your muscles or joints?

☐ Felt dizzy?

☐ Felt more tired or sleepy?

☐ Felt itchy?

☐ Farting and burping more?

☐ Had indigestion?

☐ Had heart burn or acid reflux?

☐ Had constipation or diarrhoea?

☐ Not felt like masturbating or having sex?

☐ Noticed your vagina being dry or hurting during sex?

☐ Found it harder to wee?

☐ Had pain when weeing?

☐ Weeing when you don't mean to?

☐ Been more annoyed or irritated with others?

☐ Found it hard to concentrate?

☐ Felt sad or depressed?

☐ Forget things more often?

☐ Felt more worried or anxious than usual?

☐ Been crying more about small things?

☐ Felt happy one minute and upset the next?

This checklist is useful to take to your doctor or to any other appointments where you want to talk about your perimenopause symptoms.