

Hormone Consult Checklist

Printable prep list for hormone symptoms, fertility or bleeding history, and current medications.

Symptoms & goals

- ☐ List current hormone-related symptoms (energy, mood, cycles, libido, hot flashes, brain fog).
- ☐ Note cycle pattern, last menstrual period, or menopause status if applicable.
- ☐ Write fertility goals (trying now, preserving options, or not a priority).
- ☐ Describe top treatment goals for the next 3-6 months.

Bleeding & gynecologic history (when relevant)

- ☐ Note abnormal bleeding, spotting, or postmenopausal bleeding history.
- ☐ List prior hysterectomy, oophorectomy, endometriosis, or fibroids.
- ☐ Bring recent pelvic imaging or gyn notes if available.
- ☐ Note prior estrogen, progesterone, Bi-Est, or birth-control use.

Male fertility / SERM context (when relevant)

- ☐ Note desire for fertility and any prior semen analysis.
- ☐ List prior clomiphene, enclomiphene, HCG, or testosterone use.
- ☐ Bring recent morning testosterone, estradiol, LH/FSH labs if available.

Medications & safety history

- ☐ Full medication and supplement list (including blood thinners and herbals).
- ☐ History of blood clots, stroke, migraine with aura, breast/uterine cancer, or liver disease.
- ☐ Smoking status and blood pressure readings if known.
- ☐ Upload intake forms and ID requested in your patient portal.

Questions for your provider

- ☐ Ask which labs are needed before starting or adjusting therapy.
- ☐ Ask about monitoring schedule and expected timeline for symptom change.
- ☐ Ask how to message the care team about side effects or bleeding changes.

Educational prep sheet only - not medical advice. Bring this list to your Vita Bella consultation. Your licensed provider will personalize labs, dosing, and next steps. Never start, stop, or change medication without clinician guidance.