

# Preparing to talk about your period

It can be uncomfortable to speak up about your symptoms - especially when you don't know if what you are experiencing warrants a visit to your health care provider! The best way to get the most out of your appointment is to spend a little time reflecting and preparing.

**BEFORE:** Make a list of issues you want to cover, bring a list of medications you are currently taking, and ask someone to come with you (patient/peer advocate)

**DURING:** Get there early, be assertive, ask questions, listen to yourself and your body, communicate concerns and wishes, TAKE NOTES, ask for copies of your results

**AFTER:** Go over your notes! If you got a diagnosis, let it sink in, don't believe everything you read online, and know that you did your best



# Ask Yourself

- What would I rate my pain on a scale of 1 to 10?
- Do I have pain during my period, in-between periods, or both?
- How long have I been living with pain? Has it gotten worse over time?
- Do I have pain during sex?
- How many tampons or pads do I go through during one period?
- Does my period inhibit me from going about my day to day life?
- What is my “gut feeling” telling me? Listen to yourself!

Be honest with yourself and your doctor – they are there to help! And remember, there’s no harm in checking in on something if it doesn’t feel “right” in your body. Even if it ends up being benign, it will still feel better to know.

Also, you may have to prepare yourself to be your own advocate. You might not get a diagnosis the first, second, or even third time you visit a doctor! Because there is so little known about period health, quick diagnoses for your individual problem might be hard to come by. Don’t give up and don’t despair, there are more and more resources available to menstruators like you.

