



## GENITOURINARY SYMPTOMS OF MENOPAUSE CHECKER

As stated in NICE menopause guidance blood hormone tests are not indicated to diagnose menopause in a woman over 45 years of age experiencing menopause symptoms.

NICE states offer vaginal oestrogen to women with urogenital atrophy (including those on systemic HRT) and continue treatment for as long as needed to relieve symptoms.

Consider vaginal oestrogen for women with urogenital atrophy in whom systemic HRT is contraindicated, after seeking advice from a healthcare professional with expertise in menopause.

If vaginal oestrogen does not relieve symptoms of urogenital atrophy, consider increasing the dose after seeking advice from a healthcare professional with expertise in menopause.

NICE advises that doctors should explain to women with urogenital atrophy that:

- Symptoms often come back when treatment is stopped
- Adverse effects from vaginal oestrogen are very rare
- They should report unscheduled vaginal bleeding to their GP

**Please always see your GP for examination and advice before using any over the counter treatments.**

SYMPTOM	YES	NO	DETAILS
VAGINAL/VULVAL DRYNESS			
VAGINAL/VULVAL SORENESS			
VAGINAL/VULVAL IRRITATION			
VAGINAL/VULVAL PAIN			
VAGINAL/VULVAL BURNING			
SKIN THINNING OR SPLITTING			
LABIA SHRINKING			
CLITORAL SHRINKING/PAIN			
WATERY DISCHARGE			
PAINFUL EPISIOTOMY SCAR			
ABNORMAL VAGINAL BLEEDING			
PAINFUL INTERCOURSE			
BLEEDING AFTER INTERCOURSE			
REPEATED URINARY INFECTIONS			
URGE URINARY INCONTINENCE			
STRESS INCONTINENCE			
PELVIC ORGAN PROLAPSE			
PAINFUL SMEAR TEST			