

How to Have a Successful Hormone Appointment

Hormones are complex — and so are doctor visits. Set yourself up for success by checking these boxes before you walk in the room:

1■■■ How Did You Schedule?

- Did you book enough time? (Ask if an extended or new patient visit slot is available.)
- Make sure the provider knows this is a hormone-focused appointment so they can review labs or prep accordingly.
- If it's virtual, confirm you can share your screen or upload labs ahead of time.

2■■■ Who Are You Going To?

- Is your provider comfortable managing perimenopause, thyroid, or PCOS?
- If not, consider an OB-GYN, NP, or functional/integrative clinician who focuses on women's hormones.
- Look for someone who values shared decision-making — you want a conversation, not a lecture.

3■■■ Did You Come Prepared?

- Symptom log (sleep, mood, libido, energy, periods, weight changes)
- List of medications & supplements
- Recent lab work or test results
- Family history (especially thyroid, diabetes, early menopause)
- Your biggest 2–3 concerns — written down so you don't forget under pressure

4■■■ Do You Know What You Want?

- Are you hoping for testing, treatment options, hormone therapy discussion, or a second opinion?
- Be direct: "I'd like to understand if my symptoms could be hormonal and what testing would clarify that."
- It's okay to say: "I'd like a plan, even if it's just step one today."

5■■■ During the Appointment

- Take notes or ask to record (with permission).
- Ask clarifying questions such as: "What does that result mean for me?" or "What are my options if this doesn't improve?"
- Don't hesitate to say, "I'm not sure I understand — could you explain that another way?"

6■■■ After You Leave

- Review your notes and next steps that same day.
- Schedule follow-up labs or visits immediately (don't wait).
- If you still feel unheard, that's feedback — it might be time to find someone who will listen.

Bottom line: A successful hormone appointment isn't luck — it's preparation, clarity, and confidence. You're the expert on your body; your provider is the consultant helping you make sense of it.