

## Scripts for making a medical appointment for menopause or perimenopause issues

Sometimes the first steps towards help are the hardest to take. If you would like to see a doctor but are nervous about what to say on a phone call with their office, you can use these scripts to take that important first step.

### Making a medical appointment for menopause symptoms:

I'd like to make an appointment with Dr. \_\_\_\_\_ to discuss menopause symptoms.

I would prefer an appointment (**give day of the week and best time of day**).

### Making a medical appointment for urgent menopause or perimenopause issues:

I'd like to make an appointment with Dr. \_\_\_\_\_ to address issues related to  
(examples: **very heavy menstrual bleeding, painful intercourse, severe sleep deprivation, inability to manage my emotions**). Could I get your earliest (**morning? afternoon?**)  
appointment on one of these days (example: **Monday, Wednesday, or Friday**)?