

PCOS doctor visit checklist

Bring the facts that matter, write down your priorities, and leave with a clear next step.

Free to use - no email or health-data form

Before the appointment

- ☐ Write your top one to three reasons for the visit.
- ☐ Note period start dates, longest recent gap and any unusual bleeding.
- ☐ List the symptoms that affect you most, when they began and what has changed.
- ☐ Bring current medicines and supplements, including dose and start date.
- ☐ Bring relevant lab reports with dates, units and the laboratory ranges.
- ☐ Add diagnoses, allergies, family history and pregnancy plans that may affect the conversation.

Questions you may want to ask

- ☐ What are we trying to understand or rule out?
- ☐ Which tests are relevant for me, and what will each result change?
- ☐ Which symptoms should we prioritise now?
- ☐ What options could we discuss, and what are the benefits, limits and side effects?
- ☐ What should I track before the follow-up?
- ☐ When should I return, and what should prompt an earlier appointment?

During the visit

- ☐ Say your main goal near the start of the conversation.
- ☐ Ask for unfamiliar terms or results to be explained in plain language.
- ☐ Write down the agreed next steps, tests, prescriptions and follow-up timing.
- ☐ Confirm who to contact if you have questions or symptoms change.

Notes and agreed next steps
