What to Bring to Your Appointment

You deserve a provider who listens. Come prepared.

Write your answers down before you go. Bring this page if it helps.

When did symptoms start?
Be specific — relative to your last period, a pregnancy, a medication change, or surgery.

Which symptoms bother you most?
Don't minimize. Pick your top three and say them out loud first.

How is it affecting your sleep?
How many times a night are you waking up to urinate or because of discomfort?

How is it affecting sex?
Be honest about pain, avoidance, or changes in desire and orgasm. Providers can't help if you don't tell them.

Have you had recurrent infections?
List how many UTIs or BV episodes you've had in the past 12 months.

Have you experienced leakage?
When does it happen — with urgency, laughing, sneezing, or exercise?

What have you already tried?
Lubricants, OTC products, prescriptions — and whether any of them helped.

If a provider tells you this is 'just part of aging' without offering any treatment options — that is not good enough. Effective, well-researched treatments exist. You are allowed to ask for them, and you are allowed to seek a second opinion.

You are not imagining it.

You are not being dramatic. You are not 'just getting older.'

What you're experiencing has a name, a cause, and real treatment options. You deserve to know all of it.

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