**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

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

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| **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 |  |  |  |

[**WWW.MENOPAUSESUPPORT.CO.UK**](http://WWW.MENOPAUSESUPPORT.CO.UK)

