



QUESTIONS TO ASK YOUR PROVIDER ABOUT POLYCYSTIC OVARY SYNDROME (PCOS):

You play a key role in your own healthcare by being an active participant! Preparation will help you get the most out of your appointment.

Here are a few recommendations of how to prepare:

- Write down your questions ahead of time. Write them in order of importance to ensure the most important questions get answered.
- Write down symptoms you are experiencing that lead you to believe you may have PCOS. (Symptom check list down below)
- Bring a notebook to jot down important information your provider shares with you.
- List (or bring) all of your current medications, supplements, and vitamins. Include dosages and the frequency with which you take them.
- Do a little research on your family tree. Have any of your relatives had problems with PCOS, diabetes, high cholesterol, high blood pressure, obesity, insulin resistance, or heart disease, or infertility?
- Bring someone (a partner, family member or friend) to your appointment. Not only are they useful for support, but they can help ensure you get the information. Two pairs of ears are better than one!

SYMPTOMS CHECKLIST

- | | |
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| <input type="checkbox"/> Irregular periods: few, none, or heavy | <input type="checkbox"/> Thinning hair or hair loss on head |
| <input type="checkbox"/> Weight gain or difficulty losing weight | <input type="checkbox"/> Infertility or difficulty getting pregnant |
| <input type="checkbox"/> Acne on face, chest, and/or back | <input type="checkbox"/> Pelvic pain |
| <input type="checkbox"/> Excess facial or body hair | <input type="checkbox"/> Darkened patches of skin on the neck, groin, underarms or in skin folds |
| <input type="checkbox"/> Depression or anxiety | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Family history of diabetes or heart disease |
| <input type="checkbox"/> Darkened patches of skin on the neck, groin, underarms or in skin folds | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Skin tags | <input type="checkbox"/> Other: |

Depending on where you and your provider are with your diagnoses,
the following questions can be helpful:

- What is the likely cause of my polycystic ovary syndrome (PCOS)?
- How will you confirm the diagnosis?
- Am I at risk for other health problems?
- (If you're interested in conceiving) I'd like to get pregnant. How does PCOS affect my chances?
- What lifestyle/diet changes should I make at home to help relieve my symptoms?
- What are my treatment options? What treatment do you recommend for me?
- Will you test for other problems associated with PCOS, such as insulin resistance and diabetes?
- How long until I have the results of the tests?
- Will you refer me to a specialist?
- How should I monitor myself for complications?
- How often should I come in for check-ups?
- If it isn't diagnosed as PCOS, what else could it be?

NOTES: