**Auchinairn Medical Practice: Annual HRT Review**

*Patient sticker Date:*

|  |  |  |
| --- | --- | --- |
|  | YES | NO |
| Are you happy with your current HRT ? |  |  |
| Do you smoke? |  |  |
| Have you ever had a blood clot, heart disease, stroke, cancer, migraine? |  |  |
| Are you still in need of contraception? (Please see below for indications). |  |  |
| Are you suffering any menopausal symptoms? |  |  |
| Are you experiencing any bleeding which you are not expecting/abnormal? |  |  |
| Do you have the coil (Mirena) in place?  If YES when was this inserted? |  |  |
| Are you up to date with your smear? |  |  |
| Are you up to date with mammograms? |  |  |
| Do you examine your breasts regularly? |  |  |
| Do you understand and have you read about all the risks and benefits of taking HRT? |  |  |

|  |  |
| --- | --- |
| Blood pressure |  |
| Height |  |
| Weight |  |
| Units of Alcohol per week |  |

Do you wish to make an appointment to discuss your HRT? YES/NO

If you have answered yes our patient care advisors will contact you to make an appointment. If you have answered no and there are no changes in your medical history your GP may be happy to continue your ongoing HRT prescription without an appointment.

However, we may invite you to make an appointment should there be any changes to your medical history or should we require further information from you. Our patient care advisors will contact you if this is required. Please ensure your contact details are up to date.

Thank you

Indications for Contraception

In general you do not require contraception:

* 1 year after your last period – if over 50 years old
* 2 years after your last period – if under 50 years old or
* When you reach 55 years of age

If you are already on contraception and are not having periods and wish to discuss your ongoing need for contraception please make an appointment with your GP