

# HEALTH VISIT WORKSHEET FOR TEENS

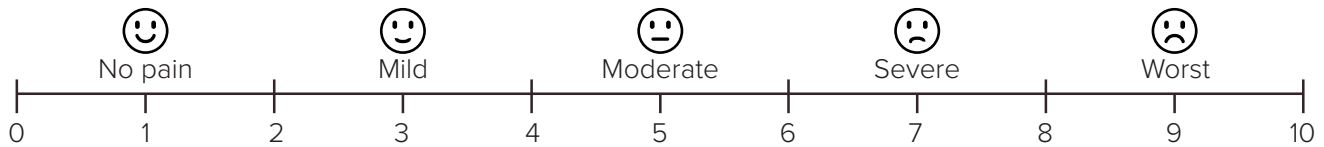
This worksheet can help you prepare for consultations with your health care provider. You do not have to answer every question.

What symptoms have caused you to seek medical advice? When did they start? (Try to be specific.)

Describe how your symptoms affect your day-to-day activities (e.g., school, home life, social activities, focus, etc.).

What makes the symptoms worse (triggers)?

What makes the symptoms better?



Indicate your pain level in the following situations:

On an okay day:

On a really terrible day:

During your period:

What do you usually do to manage the pain?

How often do you experience pain at a level of **5 or higher**?

Once a month

Once a week

2–3 days a week

4+ days a week

**Goal for today's visit:**

Pain management

Gain control over symptoms

Identify a diagnosis

Monitor disease progression

Get a second opinion

**Period Tracker:**

Age of first menstrual cycle:

Current age:

Average length of period (days):

Menstrual cycle length (days):

*(from the start of one period to the start of the next)*

Notes from doctor/next steps:

## Medical History Worksheet

Have you received a previous diagnosis for endometriosis or a gynecologic issue?

No      Yes

If yes, describe:

**Previous urgent care/emergency room visits, gynecologic surgeries, tests, and treatments:**

Visit/Procedure/Test/Treatment	Date	Notes (provider, results, etc.)
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**Family history of gynecologic or menstrual symptoms (mother, sister, aunt, grandmother, cousin):**

Endometriosis	Uterine fibroids	Chronic pelvic pain	Adenomyosis
Polycystic ovarian syndrome (PCOS)	Undiagnosed symptoms:		

**Notes:**

**Current medications (include prescription and any over-the-counter meds you regularly take):**

Medication	Dose & Frequency	Notable Side Effects
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**Your Health Care Professional Team:**

Name	Specialty	Contact Info	Last Visit
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