

# Stuart Ellis Pharmacy

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## Women's Health Consultation Checklist

Please use this guide to prepare for your consultation.

### How to prepare for your consultation:

- Complete Confidential Hormone Questionnaire found under "Women's Health" on our website [www.stuartellispharmacy.ca](http://www.stuartellispharmacy.ca)
- Inform your doctor about your upcoming consultation
- Blood work (please do first thing in the morning)  
If you are peri-menopausal, test on day 19-21 of cycle (day 1 is first day of bleeding). If menopausal, you can test any day.
  - ✓ 25-hydroxyvitamin D
  - ✓ Progesterone
  - ✓ Estradiol
  - ✓ Estrone (if currently using an estrogen product)
  - ✓ Free Testosterone
  - ✓ Morning Cortisol (if symptoms of adrenal fatigue)
  - ✓ FSH (if you are having infrequent periods and question if you are in menopause yet)
  - ✓ TSH, Free T3, Free T4 (if symptoms of low thyroid i.e. fatigue, brittle nails, hair loss, cold intolerance)
- Read relevant documents on our website, [www.stuartellispharmacy.ca](http://www.stuartellispharmacy.ca) in the "Women's Health" Section
- Complete adrenal fatigue questionnaire at [www.adrenalfatigue.org](http://www.adrenalfatigue.org) (found under "questionnaires" entitled "burnout")
- Find out more about your calcium intake at [www.osteoporosis.ca](http://www.osteoporosis.ca) using the "calcium calculator"

### What to bring to the consultation:

- Blood work results
- Complete list of current medications and supplements (prescription and non-prescription)
- Any over-the-counter medication bottles you are taking
- Completed Hormone Questionnaire
- Completed Adrenal Fatigue results
- Completed Calcium Calculator results
- OHIP card

If you have any questions regarding the above information, please contact us at (705) 445-4711.