SUBRAYAN
OBS AND GYNAE

GYNAECOLOGY CONSULTATION PLANNER

A practical guide by Dr Marise Subrayan, Specialist Gynaecologist

I created this guide to help women make better use of the time available during a gynaecology consultation. You do not need to know your diagnosis or even exactly why you have been referred. A little preparation can help you gather your thoughts, identify the symptoms or concerns that matter most, check your medications and find important previous reports or results - so that more of the consultation can be spent understanding your concerns and deciding what happens next.

YOUR TOP 3 PRIORITY SYMPTOMS OR CONCERNS TO DISCUSS

1. _____
2. _____
3. _____

MEDICATIONS, HORMONES AND SUPPLEMENTS

If relevant, make a list of everything you use: prescription medication, contraception, MHT, vaginal treatments, injections, creams, over-the-counter medication and supplements. Include the exact dose and why you are taking It.

Medication / product	Dose / strength	How do you use it?	What are you taking it for?

If you are not sure what a medication or supplement contains, take clear photographs of the FRONT AND BACK of the packaging so that the product name, dose and full ingredient list can be seen.

Dr Marise Subrayan | Specialist Gynaecologist | Menopause Specialist
Suite 119, Level 2, The Madison, 22 Aurora Drive, Umhlanga Ridge Boulevard
072 072 2058 | info@subrayan.co.za | www.subrayan.co.za

REPORTS AND RESULTS

If you have previous medical information available, try to find the actual report rather than relying only on remembering that a result was 'normal'. Take it with you or send it to your doctor before the consultation where appropriate.

- ☐ Referral letter
- ☐ CT / MRI / X-ray reports
- ☐ Mammogram / breast ultrasound / breast MRI
- ☐ Bone density (DXA) reports
- ☐ Blood / pathology results
- ☐ Pap / cervical cytology results
- ☐ Histology / biopsy results
- ☐ Colonoscopy / gastroscopy reports
- ☐ Ultrasound reports
- ☐ HPV results
- ☐ Operation / hospital reports
- ☐ Relevant specialist correspondence

If you are seeing Dr Subrayan: Please send your referral letter, previous reports, results and relevant medical correspondence to the practice as far in advance as possible. Your referring doctor or healthcare provider can also send this directly. This gives the practice time, where possible, to review and incorporate relevant information into your patient profile before you arrive, so more of your consultation can be spent on your concerns, assessment and management.

REPORTS AND RESULTS

You may find it useful to write down important dates before the appointment rather than trying to remember them during the consultation.

- ☐ First day of your last period
- ☐ Pregnancies and their outcomes
- ☐ Last breast imaging
- ☐ When the problem/symptoms started
- ☐ When contraception or hormones were started/stopped
- ☐ Other important scans / screening
- ☐ Previous operations / procedures
- ☐ Last Pap and/or HPV test

Dates or timeline you want to remember

_____

_____

IF BLEEDING OR PERIOD PAIN IS ONE OF YOUR CONCERNS

Instead of only saying that your periods are 'heavy' or 'painful', these details may help your doctor understand what is actually happening.

- ☐ Bleeding lasts 7 days or more
- ☐ Filling/soaking a pad or tampon within about 1-2 hours
- ☐ Flooding / leaking onto clothing or bedding
- ☐ Bleeding during / after sex
- ☐ Pain stops normal activities / exercise
- ☐ Clots about the size of a R2 coin or larger
- ☐ Using more than one menstrual product at the same time
- ☐ Bleeding between periods
- ☐ Pain requires pain medication
- ☐ Pain causes missed work or school

Blood passed into the toilet, clots and blood leaked onto clothing or bedding are also part of your total blood loss - not only what is absorbed by a pad or tampon.

OTHER MEDICAL INFORMATION THAT MAY BE IMPORTANT

Your general medical history can be relevant to a gynaecology consultation, even when it does not seem directly related to the problem you are coming to discuss. If relevant to you, consider the following before your appointment.

- ☐ Pregnancy / birth complications
- ☐ Previous operations, scopes or biopsies
- ☐ Allergies / medication reactions
- ☐ Breast, bone or bowel screening
- ☐ Pain, dryness, bleeding or change in sexual function
- ☐ Miscarriage / ectopic pregnancy / termination
- ☐ Medical conditions
- ☐ Bladder / urinary symptoms
- ☐ Previous treatments that did or did not help
- ☐ Fertility treatment or procedures
- ☐ Important family medical history
- ☐ Previous abnormal Pap / HPV results
- ☐ Vulval / vaginal symptoms
- ☐ Mental health / neurodivergence / anxiety / depression / ADHD / eating disorder / other

Dr Marise Subrayan | Specialist Gynaecologist | Menopause Specialist
Suite 119, Level 2, The Madison, 22 Aurora Drive, Umhlanga Ridge Boulevard
072 072 2058 | info@subrayan.co.za | www.subrayan.co.za

PREGNANCY AND GYNAECOLOGY HISTORY

Include previous pregnancies and important gynaecology procedures, even if they happened many years ago. Where a procedure was related to a pregnancy, note them together.

Pregnancy	Outcome	Pregnancy / postnatal problems	Related procedure / other information
1.	☐ Birth ☐ Miscarriage ☐ Termination / abortion ☐ Ectopic	☐ Hypertension / pre-eclampsia ☐ Gestational diabetes ☐ Iron deficiency / anaemia ☐ Postpartum depression / anxiety	e.g. C-section, D&C / evacuation, laparoscopy, tubal / ovarian surgery
2.	☐ Birth ☐ Miscarriage ☐ Termination / abortion ☐ Ectopic	☐ Hypertension / pre-eclampsia ☐ Gestational diabetes ☐ Iron deficiency / anaemia ☐ Postpartum depression / anxiety	e.g. C-section, D&C / evacuation, laparoscopy, tubal / ovarian surgery
3.	☐ Birth ☐ Miscarriage ☐ Termination / abortion ☐ Ectopic	☐ Hypertension / pre-eclampsia ☐ Gestational diabetes ☐ Iron deficiency / anaemia ☐ Postpartum depression / anxiety	e.g. C-section, D&C / evacuation, laparoscopy, tubal / ovarian surgery

Other gynaecology procedures: ☐ Hysterectomy ☐ Endometrial ablation ☐ Colposcopy / cervical biopsy or surgery ☐ Laparoscopy ☐ Ovarian surgery ☐ Tubal surgery ☐ Other: _____

CONTRACEPTION

If relevant, include methods you use now and important methods used previously. Note when you used them and why you stopped or changed if this may be relevant.

☐ Combined pill ☐ Progestogen-only pill ☐ Injection ☐ Implant
☐ Hormonal IUD (Mirena / Kyleena) ☐ Copper IUD ☐ Patch / vaginal ring ☐ Condoms
☐ Withdrawal / pulling out ☐ Fertility awareness / cycle tracking ☐ Female / tubal sterilisation ☐ Partner vasectomy
☐ Hysterectomy ☐ Other

MENOPAUSE TREATMENT / MENOPAUSAL HORMONE THERAPY (MHT)

If you currently use or have previously used menopause treatment, include the actual product name and dose if you know it.

Systemic oestrogen: ☐ Tablet ☐ Patch ☐ Gel ☐ Spray ☐ Other
Local vaginal oestrogen: ☐ Cream ☐ Vaginal tablet / pessary ☐ Ring ☐ Other
Progesterone / progestogen: ☐ Oral ☐ Vaginal ☐ Hormonal IUD ☐ Other
Testosterone: ☐ Gel / cream ☐ Other
Non-hormonal menopause treatment: ☐ Yes

Treatment / medication	Dose / strength	How do you use it?	What are you taking it for?	Why stopped / changed?

MHT is not contraception. If you are unsure what you use, bring the packaging or clear photographs of the front and back.

WEIGHT CHANGE

As a guide, a change of around 5% of your usual body weight or more is worth mentioning, For example, about 3 kg if you usually weigh 60 kg, or 4 kg if you usually weigh 80 kg.

☐ Weight gain ☐ Weight loss ☐ Unintentional change

Approximately how much? _____ kg **Over what period?** _____

Dr Marise Subrayan | Specialist Gynaecologist | Menopause Specialist
Suite 119, Level 2, The Madison, 22 Aurora Drive, Umhlanga Ridge Boulevard
072 072 2058 | info@subrayan.co.za | www.subrayan.co.za

WHAT HAVE YOU ALREADY TRIED?

If you have already tried treatment for the problem you are coming to discuss, note what it was for, whether it helped and why it was stopped or changed. This may include medication, hormones, procedures, physiotherapy, supplements or other treatments

Treatment / product	What was it for?	Did it help?	Why did you stop / change it?

QUESTIONS YOU WANT ANSWERED

Questions you do not want to forget:

_____

_____

_____

PERSONAL OR SENSITIVE INFORMATION

Some information may be important to your medical care but feel too personal to put on a form or send through administrative staff. You can keep your own notes and discuss those details directly with your doctor. This may include a previous negative, painful or traumatic sexual or examination experience that could affect your care. You do not need to write details here; you can tell your doctor privately if you would prefer.

EXAMINATION PREFERENCES

If you prefer to bring something of your own for an examination, you are welcome to do so. For example, a latex-free condom, lubricant or gown.

BEFORE YOUR CONSULTATION

☐ Top 3 priority symptoms or concerns
☐ Medication names, doses and reasons checked
☐ Actual reports / results gathered
☐ Important dates written down
☐ Previous treatments and responses noted
☐ Questions written down

If your symptoms change significantly before a routine appointment, or you think you may need urgent medical care, seek appropriate urgent medical assessment rather than waiting for the consultation.

ABOUT DR MARISE SUBRAYAN

Dr Marise Subrayan
Specialist Gynaecologist | Menopause Specialist | Women's Health

I created this guide to help women make better use of the time available during a gynaecology consultation. You do not need to know your diagnosis or even exactly why you have been referred. Bringing the right information can help you and your doctor make better use of the time available.
Whether you are seeing me or another healthcare professional, I hope this helps you to feel better prepared for the conversation and feel more confident in the information you bring. Wherever you are on your healthcare journey, I hope you find the care and answers you need.

Follow Dr Marise Subrayan on Instagram | Facebook | TikTok | LinkedIn
@subrayanobsandgynae

General education and consultation preparation only. This guide does not provide a diagnosis, individual medical advice or emergency care.

Dr Marise Subrayan | Specialist Gynaecologist | Menopause Specialist
Suite 119, Level 2, The Madison, 22 Aurora Drive, Umhlanga Ridge Boulevard
072 072 2058 | info@subrayan.co.za | www.subrayan.co.za