



Sex Questionnaire

For whatever reason, sex is something many women do not talk about, even with their close friends, GP or partner, but talking about sex may be just what you need.

During perimenopause and beyond, many women experience a range of symptoms making sex difficult. But as sex helps boost your mood, helps you relax and tests out your pelvic floor muscles, it might be time to proactively look at what is available.

Rate each symptom below from:

1 = no symptom to 10 = having a significant impact

Loss of libido	1	2	3	4	5	6	7	8	9	10
Insomnia	1	2	3	4	5	6	7	8	9	10
Fatigue	1	2	3	4	5	6	7	8	9	10
Low body image	1	2	3	4	5	6	7	8	9	10
Vaginal/vulva dryness	1	2	3	4	5	6	7	8	9	10
Painful sex	1	2	3	4	5	6	7	8	9	10
Loss of pleasure/orgasm	1	2	3	4	5	6	7	8	9	10
Loss of arousal	1	2	3	4	5	6	7	8	9	10
Itching	1	2	3	4	5	6	7	8	9	10
Discharge	1	2	3	4	5	6	7	8	9	10
UTIs	1	2	3	4	5	6	7	8	9	10
Cystitis	1	2	3	4	5	6	7	8	9	10
Thrush	1	2	3	4	5	6	7	8	9	10
Urinary frequency	1	2	3	4	5	6	7	8	9	10
Urinary urgency	1	2	3	4	5	6	7	8	9	10