Change it up!

Sexual Heath Questionnaire

It's important we normalise conversations surrounding women's health to remove the stigma. And it's even more important to reach out and ask for advice and support when we need it. Sadly, many women feel too embarrassed to ask their GP or talk to their partner about sexual health. Let's be part of making that change!

If you are experiencing menopause symptoms that are impacting your sexual health, complete the questionnaire and take it to your healthcare professional to discuss what options are available to you.

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