

MENOPAUSE JOURNEY

Treatment Guide

At Hormone Health all of our treatments are tailored to your requirements. This treatment guide represents a typical patient journey. Your individual journey may differ significantly from this. For example review intervals and prescription durations may vary.



STEP 1

INITIAL APPOINTMENT

- 1 Our London clinic offers both face-to-face and virtual consultations. Bookings can be made by phone, email or online via our website.
- 2 Prior to your appointment you'll receive a registration form and a symptom score questionnaire to complete.
- 3 Your initial 45-minute appointment takes place. The cost of which differs depending on who you see. Nick Panay - £395, Associate - £345.
- 4 During your consultation a detailed menopause and medical history will be taken and we will advise whether any further investigations are required.



STEP 2

THE PRESCRIPTION

- 1 Following your initial appointment we will issue you with a private prescription, if appropriate, for 3 months HRT.
- 2 For convenience we can arrange with a dispensing pharmacy to courier your treatment to you direct.
- 3 We will also write to your GP to let them know what is being prescribed.



STEP 3

3 MONTH REVIEW

- 1 We will undertake a review after 3 months to see how you are getting on and repeat your symptom score questionnaire.
- 2 Your 30-minute appointment takes place. The cost of which differs depending on who you see. Nick Panay - £345, Associate - £295.
- 3 Your doctor may have recommended you have a repeat blood test prior to your review appointment. This can either be done at Hormone Health or via your own GP/local service as long as you are able to provide the results before or at your appointment.



STEP 4

ANNUAL REVIEW

- 1 An annual review allows us to monitor how you are getting on with the treatment. If you would like us to continue to prescribe HRT for you we will need to undertake a review every 12 months.
- 2 Your 30-minute annual review takes place. The cost of which differs depending on who you see. Nick Panay - £345, Associate - £295.
- 3 As part of your annual review repeat prescriptions will be supplied at a cost of £50. Please note we require 48 hours notice to supply prescriptions.

PLEASE NOTE:

If blood tests are required they can either be done at Hormone Health or via your GP/local service as long as you are able to provide the results before or at your appointment.