SAMPLE SERVICE PAGE | FICTIONAL UK CLINIC | BRITISH ENGLISH

# Private Menopause and HRT Consultation

Hot flushes at work. Waking up at 3 am. Feeling not like yourself.

Menopause symptoms can affect your work, your sleep, and your relationships. You don’t have to put up with them.

At Brightwell Clinic, you can see a GP with menopause training, often within a few days. You get time to talk, clear answers, and a plan that fits you.

**Book your consultation**

## Is This Consultation Right for You?

**Book an appointment if you:**

- Have symptoms like hot flushes, night sweats, or low mood.
- Have irregular periods and think it could be perimenopause.
- Want to start HRT, or have questions about it.
- Already take HRT, but it is not working well for you.
- Had early menopause, or menopause after surgery or cancer treatment.

## Common Symptoms of Perimenopause and Menopause

Menopause usually happens between 45 and 55. But symptoms can start years before your periods stop. This stage is called perimenopause.

**Common symptoms include:**

- Hot flushes and night sweats.
- Sleep problems.
- Low mood, anxiety, or brain fog.
- Joint pain.
- Vaginal dryness.
- Irregular periods.

**Good news:** if you are 45 or over, you usually don’t need a blood test. Your doctor can diagnose perimenopause or menopause from your symptoms.

## What Happens During Your Consultation?

1. **Before your visit.** You fill in a short form about your symptoms, periods, and health history.
2. **Your 30-minute consultation.** You talk with your GP. They check your blood pressure and ask about your personal and family history, like breast cancer or blood clots.

3. **Your treatment plan.** Your GP explains your options, with the benefits and risks in plain words. You decide together.
4. **Your follow-up.** Most people have a review about 3 months after starting treatment.

## Treatment Options We Can Discuss

### Hormone replacement therapy (HRT)

HRT replaces the oestrogen your body stops making. It comes as tablets, patches, gels, or sprays. If you still have a womb, you also need a progestogen to protect it.

### Vaginal oestrogen

A cream, tablet, or ring that treats vaginal dryness and discomfort.

### Non-hormonal options

If you can't take HRT, or you prefer not to, there are other choices. Cognitive behavioural therapy (CBT) can reduce hot flushes and night sweats. It can also help with sleep and mood.

### Lifestyle support

Simple changes can help too: regular exercise, good sleep habits, and less alcohol and caffeine.

## Is HRT Safe?

For most women under 60, the benefits of HRT usually outweigh the risks.

**Here is what you should know:**

- **Breast cancer.** Combined HRT slightly raises the risk: about 5 extra cases per 1,000 women who take it for 5 years. Oestrogen-only HRT has little or no extra risk.
- **Blood clots and stroke.** HRT tablets slightly raise the risk. Patches, gels, and sprays do not.
- **Bones.** HRT helps prevent osteoporosis (bone thinning).

Your GP checks your personal risk before they prescribe anything. If you have had breast cancer, HRT is usually not recommended.

## Why Choose Brightwell Clinic?

- Appointments often available within a few days.
- GPs with menopause training.
- 30-minute appointments, so you never feel rushed.
- Clear, fixed prices: [£price] for your first consultation.
- Private prescriptions, if you need them.
- Online or in-clinic appointments.

## Frequently Asked Questions

### Do I need a blood test?

Usually not if you are 45 or over. If you are under 45, your GP may suggest one.

### How soon does HRT work?

Symptoms usually start to improve within a few days or weeks. The full effect can take up to 3 months.

### Can I get HRT on the NHS?

Yes, from your NHS GP. A private appointment gives you a faster appointment and more time with the doctor.

### What should I bring?

A list of your medicines, the date of your last period, and notes about your symptoms.

## Feel Like Yourself Again

You know your body best. If something feels wrong, talk to us. Book your private menopause consultation today.

**Book now**

This page gives general information. It does not replace advice from your own doctor.

## References


1. NHS. Benefits and risks of hormone replacement therapy (HRT). https://www.nhs.uk/medicines/hormone-replacement-therapy-hrt/benefits-and-risks-of-hormone-replacement-therapy-hrt/
2. NHS. Risks of HRT. https://www.nhs.uk/conditions/hormone-replacement-therapy-hrt/risks/
3. NICE. Menopause quality standard (QS143), statement 1: Diagnosing perimenopause and menopause. https://www.nice.org.uk/guidance/qs143/chapter/quality-statement-1-diagnosing-perimenopause-and-menopause
4. NICE. Menopause: identification and management (NG23), update information (2024). https://www.nice.org.uk/guidance/ng23/chapter/update-information
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## SEO Details

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**URL slug:** /menopause-hrt-consultation/

**Calls to action:** Book your consultation (top), Book now (bottom)