

PCOS/PMOS Symptoms Tracker and Doctor Discussion Guide

Take this guide with you to your visit to help guide your talk with your doctor

Use this guide if you have symptoms that may be related to Polycystic Ovary Symptom / Polyendocrine Metabolic Ovarian Syndrome (PCOS/PMOS), but you have not been diagnosed. Many symptoms can have more than one cause. A doctor can help decide whether testing or follow-up makes sense for you.

1. Quick symptom checklist

Check anything you have now or have had in the past.

My periods are far apart or do not come regularly

My periods are very heavy and/or last long

I do not get periods

Unwanted hair growth on the face, chest, stomach, or back

Thinning hair or hair loss on the scalp

Weight gain or hard time losing weight

Acne that keeps coming back or is hard to control

Dark skin patches, especially around the neck, underarms, or groin

Trouble getting pregnant or concerns about ovulation

A past blood test showed high testosterone or other hormone levels

A past ultrasound showed many small cysts or enlarged ovaries

2. Health conditions my doctor has told me I have

Prediabetes

Type 2 diabetes

High cholesterol

Overweight or obesity

Sleep Apnea

Insulin resistance

Depression and/or anxiety

None of these

3. Period tracker

Write down your last few periods. Count from the first day of one period to the day before the next period starts.

Period start date	Period end date	Days between periods	Flow (light/medium/heavy)	Pain or other symptoms

4. Symptom tracker

Use this section for 2 to 4 weeks before your visit, or fill in what you remember.

Date or week	Skin breakouts or acne	Hair growth or hair loss	Weight or appetite changes	Mood, energy, or sleep

5. Other information to bring

Write down anything that may help your doctor understand the full picture.

Past hormone blood tests: _____

Past ultrasound results: _____

Family history of PCOS, diabetes, infertility, or hormone conditions: _____

Medications I take: _____

Birth control or hormone treatment: _____

Vitamins, supplements, or over-the-counter products: _____

6. What to say to my doctor

You can say:

"I answered a reproductive health survey about PCOS/PMOS symptoms.

I do not have a diagnosis, but I have noticed these symptoms: _____

Can we talk about whether testing or follow-up makes sense for me?"

7. Questions to ask my doctor

Question	Doctor recommendations
Could my symptoms be related to PCOS/PMOS or another hormone condition?	
What else can cause irregular periods, acne, hair growth, or hair loss?	
How do you diagnose PCOS/PMOS?	
Would hormone blood tests make sense for me?	
Should I have blood sugar, A1C, insulin, or cholesterol testing?	
Would a pelvic ultrasound be helpful for me?	
Are my symptoms connected to ovulation or fertility?	
What treatment options could help with my symptoms?	
Are there lifestyle changes that may help my periods, skin, hair, weight, or blood sugar?	
Should I see an OB-GYN, endocrinologist, dermatologist, fertility specialist, or another provider?	
How often should I follow up?	

8. Tests my doctor may discuss

Your doctor may or may not recommend these. Ask what is right for you.

Testosterone or other hormone blood tests

Blood sugar or A1C

Cholesterol or lipid blood tests

Thyroid testing

Tests to rule out other causes of symptoms

Pelvic ultrasound, if needed

9. Notes from my visit

What we talked about: _____

What my doctor recommended: _____

10. My next steps

Schedule follow-up visit

Pick up or start medication

Complete ultrasound

Ask for referral

Track symptoms

Other: _____

Complete lab tests

Reminder: This guide does not tell you whether you have PCOS/PMOS. It helps you prepare for a visit. Your healthcare provider can help decide what your symptoms mean and what to do next.