

FAQs - Locala Choose Well Menopause

What is Locala's self-pay menopause service?

Experiencing menopause can be challenging and confusing for many women.

The hormonal change can have a great impact on physical and emotional well-being, and at times this can be very isolating. We feel passionately about supporting women through menopause with our expert advice and personalised care.

We want to help you navigate this challenging life change with a holistic approach to both menopause and perimenopause. Our clinicians will work with you to develop a bespoke treatment plan including both HRT and non-hormonal treatments to help alleviate your symptoms.

Why choose Locala Choose Well for Menopause?

You will receive a treatment plan tailored and personalised to your needs by a menopause specialist consultant.

What does Locala Choose Well Menopause package include?

Initial consultation package (£250) includes the following:

- pre appointment questionnaire
- 45-minute video/phone consultation
- a tailored and personalised treatment plan
- a prescription for menopause treatment
- any onward referrals that are needed
- a 30 minute follow up that you are able to book for up to 1 year after initial appointment)

How much does the Locala Choose Well Menopause offer cost?

Menopause Treatment Plan- £250

Additional appointments- £30

Prescriptions- £20 each

Additional follow up - £100

What happens at my first appointment

At your first appointment, you can expect the following:

- 1. Pre appointment questionnaire:**
Before we see you for your consultation, we'll ask you to complete a pre-appointment form to help prepare your bespoke plan.
- 2. 45-minute video/ phone consultation:**
Our menopause specialist will meet with you to discuss your needs and required support.
- 3. The treatment plan:**
We will provide you with a detailed treatment plan tailored to your individual needs.
- 4. Prescription:**
If your personalised plan includes HRT treatment, you will be provided with a prescription. This is an additional private prescription that will be issued to you.

5. Onward referral (if required):

Some women may benefit from a referral for further specialist support e.g. physiotherapy, CBT.

6. Follow up:

Up to one year after your consultation, you can book a 30 minute follow up appointment. After a year, any further appointments will incur an extra cost.

How do I know I am in menopause?

Menopause is officially diagnosed when you haven't had a menstrual period for one year. Diagnosis of perimenopause is usually based on your age, symptoms and how often you have periods. Urine or blood tests to measure levels of follicle-stimulating hormone (FSH) are not usually needed in women of menopausal age but may be used to diagnose early menopause.

What symptoms would I be experiencing if I was in Menopause?

There are varied symptoms that you may experience. Common ones include the following:

- Brain fog ,
- Lack of concentration
- Hot flushes
- Mental health symptoms
- Change in mood
- Low libido
- Weight gain
- Vaginal dryness
- Joint pains

Do I have to have menopausal symptoms to book in?

No. The plan can be suitable for clients who are peri-menopausal or may be approaching menopause and would like more information from a specialist menopause consultant/ doctor.

How can I get a further prescription?

An initial treatment prescription is included in your treatment plan however additional prescriptions will be charged at £20 each and may require a short video/phone appointment to discuss (i.e. if the script is for a different menopause drug).

Will I need to have a blood test?

Most people we see don't need a blood test to diagnose menopause. However, if you're under 45 and experiencing menopause symptoms, the doctor may recommend a blood test. This test, which comes at an additional cost, will be discussed with you by the doctor. It measures the level of follicle-stimulating hormone (FSH) in your blood, which rises as you approach menopause. Since FSH levels can fluctuate significantly in the years leading up to menopause, a blood test may not always be reliable. For those over 45 and in good health, the National Institute for Health and Care Excellence (NICE) advises that the diagnosis of perimenopause or menopause should be based on symptoms alone. There may be requirements for additional blood tests, for example where estrogen and testosterone levels may be needed to be tested.

We will signpost you to a blood test provider who you will liaise directly with.

Do I need a referral from my doctor?

No, you don't need a referral. You can directly book an appointment with our menopause specialist, though if you have a other medical condition, it's always helpful to bring any relevant medical information.

Do you offer a home menopause test?

No, we don't currently offer a home menopause test kit. However, we do offer a home self-blood testing service for some diagnostic tests. The GP will discuss the options available to you if this is something you require.

If I don't want my follow up appointment, can I get a refund?

The follow up appointment is an important part of the treatment plan which you are not required to attend if you prefer not to. However, our Menopause Plan is offered as a comprehensive package at a fixed price. If you decide to skip your follow-up appointment, we won't be able to issue a refund.

Can I stop treatment at any time?

Yes, you can stop treatment at any time. Please ensure you contact us to cancel any appointments you have already got booked if you want to stop receiving care.