

## WHEN TO COME BACK AFTER STARTING HRT

A follow up appointment is usually arranged 3 months after starting HRT. This gives your HRT dose adequate time to work.

Sometimes an earlier review, before 3 months, may be needed particularly if you have new concerns or any of the following problems:

- ✓ You have had signs or symptoms of an allergic reaction to your HRT.
- ✓ You are experiencing severe side effects that you are not able to tolerate.
- ✓ You have new bleeding that is persistent or heavy and is not manageable or is causing you to worry.
- ✓ Your patches are falling off and are not sticking well to your skin meaning you may not be getting your dose correctly.
- ✓ You have not been able to get your HRT due to stock supply issues.
- ✓ You feel unclear on how to start or take your HRT.
- ✓ You have been diagnosed with a new medical condition, allergy or intolerance since your initial appointment that your clinician was previously not aware of.
- ✓ You have developed a new breast lump.
- ✓ You have developed new migraines or headaches.
- ✓ You have become pregnant.