

Your menopause treatment journey with Dr Stephanie

I generally prescribe regulated body identical hormones – [click here to find out why](#)



INITIAL APPOINTMENT

You make an appointment by phone.

We send a registration form and a symptom score questionnaire both of which **must be completed before we see you.**

Your initial 45-minute appointment takes place at a cost of £400.

A detailed menopause and medical history is taken. We will advise whether any further blood tests are required.

We generally look at testosterone replacement at 3 months once we have stabilised your other hormones (as per the national guidelines)



THE PRESCRIPTION

A private prescription for 3 months HRT is issued.

The treatment can be couriered to you direct from a dispensing pharmacy at an average monthly cost of £14 per item.

We will write to your GP to let them know what is being prescribed. They usually take over this prescription but will often not prescribe testosterone.

You will be sent a summary of what has been prescribed together with a recap of the risks and benefits that were discussed at your consultation.



MONTH 1 FOLLOW UP

We will schedule a short free check in call with you at 4 weeks* after the initial consultation.

A reminder about this call will be sent in advance.

This is a good time for you to check in with your GP about your next prescription.

Sorry, this is not an appointment to discuss any new problems and changes to your medication are unlikely as we need to see their effect for 3 months.

**There is some flexibility as to the timing of this call but if it takes place after 6 weeks we regret to say that you will be charged £220 for a follow up consultation.*



MONTH 3 REVIEW

We review after 3 months to see how you are getting on and we repeat your symptom score questionnaire.

We look at whether testosterone is additionally required and take a blood test if this is the case (charged at £90).

The results are available within 2-3 working days. Should testosterone be required a prescription is made out and a letter to your GP is written (please note that many GP's will currently not prescribe testosterone).

This 30-minute appointment takes place at a cost of £220.



MONTH 6 TESTOSTERONE REVIEW

If you have been put on testosterone we will need to review your blood testosterone levels after 3 months initially.

These 30-minute appointments take place at a cost of £220 each.

The blood tests cost an additional £90

If your GP does not wish to carry out this treatment - or if you prefer to continue to see me – an annual review with me will be required.

You will be prescribed enough HRT including testosterone to last you for 1 year.



ANNUAL REVIEW

This follows the same format as the 6-month review and will be required every 12 months whilst you are on testosterone or if you would like Dr Goodwin to continue to prescribe HRT for you.

This 30-minute appointment takes place at a cost of £220

The blood tests cost an additional £90

If a prescription is issued during a consultation, there is no additional charge.

Prescription charges are currently £25 for any prescriptions issued outside of a 30-minute consultation.