



QUESTIONS TO ASK AT YOUR NEXT APPOINTMENT

BONUS #2

BY
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FLUX LAB



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QUESTIONS TO ASK AT YOUR NEXT APPOINTMENT



A CONVERSATION GUIDE FOR
WOMEN LIVING WITH FIBROIDS



BETTER QUESTIONS

Know what to ask so you
leave with clarity, not confusion.



COVER EVERY AREA

Diagnosis, treatment options,
lifestyle, medications, fertility
& more.



STAY PREPARED

Organized templates to
help you track symptoms
and take notes.



BE AN ACTIVE PART OF YOUR CARE

Build confidence and have
more informed conversations
with your doctor.



YOUR HEALTH. YOUR VOICE.

Advocate for your body.
Ask with confidence.
Make empowered decisions.



PREPARED
WOMEN HAVE
BETTER
CONVERSATIONS.
BETTER OUTCOMES.

PREPARE. ASK. UNDERSTAND. DECIDE.
YOU ARE YOUR BEST ADVOCATE.

Bonus 2: Questions to Ask at Your Next Appointment

A Conversation Guide for Women Living with Fibroids

By Petal Flux Lab

Why This Bonus Matters

Have you ever left a hospital or clinic and thought...

"I forgot to ask that."

Or...

"I wish I understood what the doctor meant."

You're not alone.

Many women spend weeks preparing for an appointment, only to feel overwhelmed once they're sitting in the consultation room.

Medical appointments are often short.

There's a lot to discuss.

And it's easy to forget the questions that matter most.

This guide is designed to help you have more informed, confident conversations with your healthcare provider.

It **doesn't replace medical advice**—it helps you make the most of the time you have with your healthcare team.

Before Your Appointment

A little preparation can make a big difference.

Before you leave home, try to bring:

- ✓ Your **Recovery Window™ Journal**
- ✓ Previous scan reports (if available)
- ✓ A list of current medications, supplements, or herbal products
- ✓ A notebook or phone for taking notes
- ✓ This question guide

Remember, you don't have to ask every question in one visit.

Choose the ones that matter most to you.

Section 1: Understanding Your Diagnosis

When you receive a diagnosis, it's natural to feel overwhelmed.

These questions can help you better understand your specific situation.

- ☐ Can you explain my scan results in simple language?
- ☐ How many fibroids were seen?
- ☐ Where are they located?
- ☐ How large are they?
- ☐ Could the location of the fibroids be related to the symptoms I'm experiencing?
- ☐ Are there any changes compared with my previous scan?
- ☐ Are there other possible reasons for my symptoms that should also be considered?

Notes:

Section 2: Understanding Your Symptoms

Fibroids affect different women in different ways.

These questions can help connect your symptoms to your overall care.

- ☐ Could my heavy bleeding be related to the fibroids?
- ☐ Could my fatigue be connected to blood loss or another condition?
- ☐ Which symptoms should I monitor over the coming months?
- ☐ Are there warning signs that should prompt me to seek medical attention sooner?
- ☐ Is there anything unusual about the symptoms I'm experiencing?

Notes:

Section 3: Monitoring Your Condition

Many women want to know what happens next.

These questions can help clarify the follow-up plan.

- ☐ How often should I come back for review?
- ☐ Will I need another scan?
- ☐ If so, when?
- ☐ What changes would you want to monitor over time?
- ☐ What symptoms should I record between appointments?
- ☐ Would keeping a symptom journal be helpful?

Notes:

Section 4: Understanding Your Treatment Options

Every woman's situation is different.

Ask questions that help you understand your options—not someone else's.

- ☐ What treatment options are available in my situation?
- ☐ Why are you recommending this approach?
- ☐ What are the possible benefits?
- ☐ What are the possible risks?
- ☐ Are there alternatives I should know about?
- ☐ How urgent is this decision?
- ☐ Is it reasonable to take time to understand my options?

Notes:

Section 5: Lifestyle and Daily Living

Your day-to-day routine matters.

These questions can help you understand how lifestyle fits into your care plan.

- ☐ Are there lifestyle habits that may help me better manage my symptoms?
- ☐ Are there foods you recommend I include more often?
- ☐ Are there foods I should discuss limiting?
- ☐ Is regular physical activity appropriate for me?
- ☐ Are there activities I should avoid?
- ☐ How can I support my overall well-being between appointments?

Notes:

Section 6: Medicines, Supplements & Herbal Products

Many women try vitamins, herbal products, teas, or supplements.

It's important that your healthcare provider knows about them.

Consider asking:

- ☐ Are there any concerns about the supplements or herbal products I'm taking?
- ☐ Could any of these interact with prescribed medications?
- ☐ Should I stop anything before a procedure or surgery?
- ☐ Are there over-the-counter medicines I should discuss before using regularly?

Write down everything you're currently taking:

Section 7: If You're Thinking About Pregnancy

If having children now or in the future is important to you, let your healthcare provider know.

Questions you may wish to ask include:

- ☐ Could my fibroids affect pregnancy planning?
- ☐ Are there any additional discussions I should have before trying to conceive?
- ☐ Should I see a specialist?
- ☐ Is there anything I should monitor more closely?

Notes:

Section 8: If Surgery Has Been Mentioned

Hearing the word *surgery* can feel frightening.

Understanding the recommendation can help you make informed decisions together with your healthcare provider.

Questions you might ask include:

- ☐ Why is surgery being recommended in my case?
- ☐ What are the goals of the procedure?
- ☐ Are there different surgical options?
- ☐ What should I expect during recovery?
- ☐ Are there alternatives that are appropriate for my situation?
- ☐ How much time do I have to consider my options?

Notes:

Section 9: Questions About Follow-Up Care

Before leaving your appointment, make sure you understand what happens next.

- ☐ When should I schedule my next visit?
- ☐ Should I arrange another scan?
- ☐ What symptoms should prompt me to contact the clinic before my next appointment?
- ☐ Is there any additional information or educational material you recommend?

Notes:

My Personal Questions

Every woman has unique concerns.

Use this page to write questions that are specific to you.

1.

2.

3.

4.

5.

Appointment Notes

Doctor's Name:

Date:

Clinic:

Key Points I Learned Today

Next Steps

- ☐ Schedule next appointment
- ☐ Book scan (if advised)
- ☐ Continue Recovery Window™ Journal
- ☐ Follow agreed treatment plan
- ☐ Review questions before next visit

Other:

Remember This

Your healthcare provider brings medical expertise.

You bring something equally important.

Your lived experience.

Your observations.

Your Recovery Window™ Journal.

Your questions.

The best healthcare conversations happen when those two forms of knowledge come together.

You don't need to know every medical term.

You don't need to have every answer.

You simply need to be prepared, curious, and willing to ask questions.

Final Encouragement

Walking into an appointment with confidence doesn't mean you know everything.

It means you're ready to understand more.

Every question you ask is an opportunity to learn.

Every observation you record helps paint a clearer picture of your health.

Every conversation with your healthcare provider is another step toward making informed decisions with greater clarity and confidence.

That's exactly what **The Fibroid Recovery Window™ System** is designed to help you do.

End of Bonus #2

Disclaimer: This guide is intended for educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional regarding questions about your health or treatment options.