

Doctor Discussion Toolkit

This printable toolkit is designed to help you prepare for your next consultation with your doctor or healthcare provider. It supports open, informed conversations around intimate wellness and symptom management—particularly during menopause, after medical treatments, or in response to changes in your comfort or skin health.

Questions You May Wish to Ask Your Doctor

- Have you seen other patients with similar symptoms?
- Could these symptoms be related to hormonal changes, menopause, or recent treatment?
- What are my options for supporting intimate skin comfort?
- Would the V.supple® prescription-only compounded product be appropriate for me?
- Are there over-the-counter alternatives that might help as well?
- How do I access prescription-only solutions if needed?
- Is there anything I should avoid using based on my medical history?

Your Notes

Use this space to record your doctor's answers or recommendations:

Understanding Your Options

There are a range of approaches to managing intimate discomfort, dryness, or sensitivity. These may include:

- Lifestyle adjustments
- Over-the-counter moisturisers or balms
- Our Prescription-only compounded products
- Hormonal and non-hormonal therapies (as advised by your healthcare provider)

Your doctor will guide you toward the option that's safest and most effective based on your individual needs. This document is for informational and planning purposes only. It is not a substitute for professional medical advice. Always consult a qualified healthcare provider regarding your symptoms and treatment options.