

Your Medical Visit Summary

Symptoms:

I feel super emotional lately, my lower back hurts, I've been peeing more often, and my period is late.

Guidance:

Guide for your Doctor's Visit

You've shared that you're feeling emotional, your lower back hurts, you pee more, and your period is late. Let's get ready for your appointment.

1. Possible Reasons for Your Symptoms:

- * ****Stress or big life changes:**** Stress can make you feel emotional and impact your body. It can also affect your period.
- * ****Bladder infection (UTI):**** Frequent peeing can mean a bladder infection.
- * ****Kidney issues:**** Back pain and frequent peeing **could** be linked to kidney problems. This is rare but needs a check.
- * ****Pregnancy:**** A late period is a key sign. Back pain and needing to pee more often also happen.
- * ****Hormonal changes:**** Your body's hormones change all the time. This can cause mood swings, back pain, and changes in your period.

2. Five Key Questions for Your Doctor:

- * "My period is late. Could I be pregnant?"
- * "I've been peeing a lot more than usual. Is that normal?"
- * "My lower back pain is bothering me. What could be causing it?"
- * "I feel very emotional lately. Is there a reason for this?"
- * "What tests might help figure out what's going on?"

3. Getting Ready for Your Appointment:

- * ****Write down your symptoms:**** Note when they started and how bad they are.
- * ****List your medicines:**** Include vitamins and herbal things.
- * ****Bring a friend or family member:**** Having support can help.
- * ****Make a list of questions:**** Use the questions above to start.

* ****Write down any other concerns:**** Don't forget anything that worries you.

****Important:**** This guide gives possible reasons for your symptoms. It is **not** a diagnosis. Your doctor will help figure out what is going on.

Disclaimer: This document is not medical advice. Always consult a healthcare professional.