



# My endometriosis checklist



If you have a confirmed case of endometriosis or suspect you might have the condition, then it can be overwhelming to know what to ask in your GP or specialist appointment. Fill in our endometriosis checklist and take it along with you, so you can keep track of your symptoms and be prepared for the questions you might be asked.

## Period health questions

It can be helpful to keep a period diary with the dates and durations of your periods, along with any symptoms you experience. Take this along with you.

When was your last period?

Are your periods regular? If no, then do you have an average cycle length?	Yes	No	Cycle length
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How long does your period usually last?

Are they normally heavy or light in flow?

## Pain-related questions

Do you get pain during your periods?	Yes	No
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Do you experience pain outside of your periods?	Yes	No
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Has the pain got any worse?	Yes	No
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Where is the pain usually?

How severe is the pain, on a scale of 1 – 10 (with 10 being the most severe)?

Do you experience pain during intercourse?	Yes	No
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Do you experience pain during bowel movements?	Yes	No
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Is there pain when urinating?	Yes	No
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## Other symptoms

Do you experience fatigue? If yes, is this around the same time each month?

Do you experience bloating?	Yes	No
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Do you experience feeling sick, or vomiting during your period?	Yes	No
Does anyone in your family have endometriosis or any symptoms related to women's health?	Yes	No

In your initial appointment with a GP, they can help with pain management and arrange tests to rule out any other conditions such as fibroids, irritable bowel syndrome or polycystic ovary syndrome (PCOS). Once these conditions have been ruled out, you may then be referred to a gynaecologist or an endometriosis specialist.

### Questions to ask the GP/specialist

- How is endometriosis diagnosed? What's next?
- Are there different types of endometriosis?
- What pain relief can I get? (It would be useful to say what you've already tried for pain relief)
- How can I manage my symptoms?
- If endometriosis is confirmed, what surgery is available?
- How long will the recovery take?
- Will the endometriosis tissue come back?
- Will it affect my fertility? (If applicable)

If you have been diagnosed with endometriosis and you're struggling to come to terms with the diagnosis or the symptoms you're experiencing, then there is support available. Endometriosis UK offer a support network and have a helpline, local support group directory, web chat, and an online community for women in the same position.

Also remember you can always ask for a second opinion if you aren't happy with any of your GP or consultant/specialist appointments.

Space for your notes: