

For patients and the public

Things to consider if you experience symptoms of endometriosis



Endometriosis: A Long and Painful Road

www.ncepod.org.uk

The symptoms and signs of endometriosis can be wide-ranging and like other conditions. If you keep returning to your GP because of heavy or painful periods, or re-occurring abdominal pain, for example, ask them to consider whether you might have endometriosis and to refer you to a gynaecologist.

Endometriosis can affect quality of life and it is best managed in a holistic way, meaning that it can be treated with medications but also with other methods such as physiotherapy, alternative pain control and psychological support. Ask your GP or gynaecologist for information and/or referral to these services. If you are trying to conceive, ask to be referred to a fertility specialist.

If you are under the care of more than one hospital specialist, e.g. gynaecology, surgery or fertility specialists, ask them to discuss your care as part of a group - it is called a multidisciplinary team, or MDT, and will mean they are working together on your care.

FOR INFORMATION ABOUT ENDOMETRIOSIS VISIT WWW.ENDOMETRIOSIS-UK.ORG

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Your GP or gynaecologist should offer to prescribe you hormonal treatment and/or pain medication to help control painful symptoms. Furthermore, your gynaecologist can talk to you about the possibility of referring you for laparoscopic (keyhole) surgery to help diagnose and/or treat your endometriosis. They should let you know the benefits, risks and limitations of this procedure before you decide to go ahead with it.

If you have surgery to help diagnose or treat your endometriosis, ensure that you are provided with a follow-up plan after the operation before you leave the hospital, together with details of who to contact at the hospital, should the need arise, so that you do not have to go back through your GP, particularly if your symptoms return.