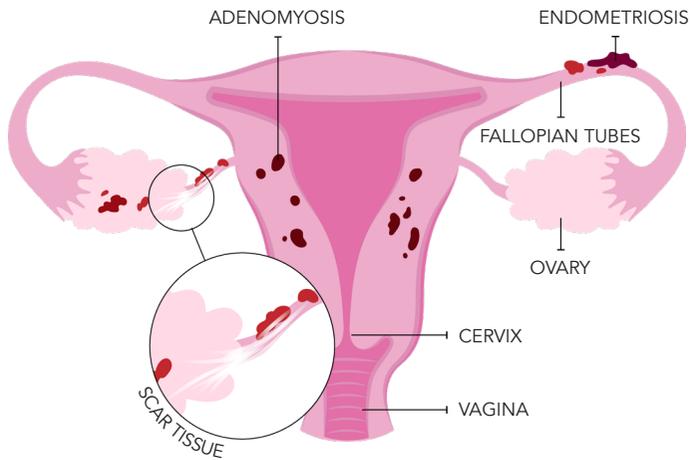


## WHAT IS ENDOMETRIOSIS?

Endometriosis is a common yet widely under-recognised condition which usually affects people of childbearing age (from their first period to the menopause).

It occurs when cells - similar to the cells that make up the lining of the uterus (known as the endometrium) are found in areas of the body they shouldn't be, usually within the pelvis.



It most commonly involves the lining of the pelvis, the ovaries, and the cul-de-sac (the area between the upper vagina and the rectum), the urinary bladder, and the bowel, causing irritation, inflammation, the formation of scar tissue, cysts, bleeding, pelvic pain, and often debilitating symptoms, interfering with fertility.

Keeping a symptom diary can help you think about your symptoms and when and how often they occur. This can also play a crucial role in helping you get the care and support you need.

We recommend keeping a symptom diary for a minimum of six weeks to show your GP.

NOTES

*Fold here*



## SYMPTOMS DIARY

Name : \_\_\_\_\_



IT'S OUR GOAL TO HELP YOU  
RECOGNISE THE SIGNS AND  
SYMPTOMS AND WHEN TO SEEK HELP



Week beginning  M  T  W  T  F  S  S

Tick your symptoms

**Pelvic pain**  M  T  W  T  F  S  S

**Changes in menstrual flow**  M  T  W  T  F  S  S

Spotting  M  T  W  T  F  S  S  
 Light  M  T  W  T  F  S  S  
 Medium  M  T  W  T  F  S  S  
 Heavy  M  T  W  T  F  S  S  
 Clotting  M  T  W  T  F  S  S  
 Absent bleeding  M  T  W  T  F  S  S

**Fatigue** (extreme tiredness)  M  T  W  T  F  S  S

**Abdominal swelling**  M  T  W  T  F  S  S

**Painful sex**  M  T  W  T  F  S  S

**Bleeding during or after sexual intercourse**  M  T  W  T  F  S  S

**Difficulties conceiving**  M  T  W  T  F  S  S

**Pain when opening the bowel or passing urine**  M  T  W  T  F  S  S

Note \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**BOWEL** — Related symptoms

- |  |  |
|--|--|
| <b>Pelvic pain</b><br><input type="radio"/>  | <b>Pain during sexual intercourse</b><br><input type="radio"/>       |
| <b>Changes in bowel habit</b><br><input type="radio"/> Diarrhoea<br><input type="radio"/> Constipation<br><input type="radio"/> Loose stools | <b>Frequent bowel movements</b><br><input type="radio"/>             |
| <b>Pain in the lower back</b><br><input type="radio"/>   | <b>Urgency to pass a bowel movement</b><br><input type="radio"/>     |
| <b>Abdominal swelling</b><br><input type="radio"/>   | <b>Unable to empty the bowel completely</b><br><input type="radio"/> |
| <b>Pain during or after consuming food</b><br><input type="radio"/>  | <b>Passing blood in stools</b><br><input type="radio"/>              |

**THORACIC** — Related symptoms

- |   |   |
|---|---|
| <b>Chest pain</b><br><input type="radio"/>                        | <b>Pain in the mid-section of the back</b><br><input type="radio"/> |
| <b>Shortness of breath</b><br><input type="radio"/>               | <b>Coughing up blood</b><br><input type="radio"/>                   |
| <b>Shoulder pain</b><br><input type="radio"/>                     | <b>Lung collapse</b><br><input type="radio"/>                       |
| <b>Pain upon taking a deep breath in</b><br><input type="radio"/> |   |
| <b>Upper abdominal pain</b><br><input type="radio"/>              |   |
- Yes I've experienced it

**NOTES**

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**BLADDER** — Related symptoms

- |   |   |
|---|---|
| <b>Pain when passing urine</b><br><input type="radio"/>       | <b>Pain in the lower back and/or kidney area</b><br><input type="radio"/> |
| <b>Pain when the bladder is full</b><br><input type="radio"/> | <b>UTI like symptoms</b> (pain, burning)<br><input type="radio"/>         |
| <b>Frequent urination</b><br><input type="radio"/>            | <b>Passing blood in urine.</b><br><input type="radio"/>                   |
| <b>Urgency to pass urine</b><br><input type="radio"/>         |   |